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The MyLastDip.com website Gets Boost from Line County Health Officials

A new Internet-based program is available for young smokeless tobacco users. We, the Line County Health Department, endorse the MyLastDip.com program and believe it represents an important resource for young people ages 14-25 in Skinners Mudhole who chew smokeless tobacco and would like to join an online program designed specifically to help them quit for good.

In 2007, 13.4% of male high school students and 2.3% of female high school students used smokeless tobacco nationwide, compared to 10.7% of males, and .4 % of females ages 18-24 in Oregon.

"We believe that smokeless tobacco is not a safe alternative to smoking and, in fact, contains a higher concentration of nicotine than cigarettes. Research shows that smokeless tobacco can cause oral cancer, especially in the cheeks, gums, and throat, as well as oral problems, such as mouth sores, gum recession, tooth decay, bad breath, and permanent discoloration of teeth." says smokeless tobacco cessation expert, Dr. Nic. O. Teen.

The MyLastDip.com is a research program funded by a grant to Oregon Research Institute from the National Cancer Institute (US Department of Health and Human Services). It is confidential, free to use (in fact, study participants receive payment for completing online questionnaires), available on the Internet, and based on proven tobacco cessation methods.

For more information or for materials, please call 111-555-1212 or check out the MyLastDip.com website.