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FOR IMMEDIATE RELEASE



**Young Smokeless Tobacco Users Can Join MyLastDip.Com to Participate in
Through With Chew Week- February 14th-20th**

Through With Chew Week is a nationwide educational campaign to decrease smokeless tobacco use and increase awareness of its negative health effects. It includes the **Great American Spit Out- February 18th** which encourages chewing tobacco and snuff users to quit for at least a day. It was established in 1989 by the American Academy of Otolaryngology-Head and Neck Surgery, Inc.

The MyLastDip.com family of programs offer free Web-based cessation programs that can help both young chewers and dippers, aged 14-25 and anyone 26 years or older, quit smokeless tobacco for good. These online cessation programs use proven methods that have helped thousands of chewers and dippers quit.

According to the U. S. Surgeon General, people who regularly use snuff and chewing tobacco are up to 50 times more likely to get oral cancer than nonusers, and only one-half of people diagnosed with oral cancer are still alive five years later.

The **My Last Dip** programs are free, accessible, and effective quitting tools supported by research grants from the National Cancer Institute, and hosted by Oregon Research Institute.

*** For more information about this news release, call Milagra at 541-484-2123 ***

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