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Operation smoke out!

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CONTINGENCY OPERATING SITE MAREZ-EAST, Iraq — Soldiers under the 18th Combat Sustainment Support Battalion have a determination before redeploying, to quit smoking.

Staff Sgt. Payten Redfearn, a native of Thomasville, Georgia and the 18th CSSB Chaplain's Non-commissioned officer in charge, states "a few weeks back I was approached by Pfc. Christine Wells from Manilla, Indiana about the possibility of her quitting smoking. I knew that this was something that a lot of people in the company were thinking about doing, so we invited others to join the "Smoke Out!" group. The reason I quit smoking is because I decided it was time to start making healthier choices in my life, so I began to eat healthy and do more PT. I figured while I was at it, I might as well quit smoking too." It was something that Staff Sgt. Redfearn's wife, Alaina, had

been asking him to do for a long time. He figured since it was going to be hard regardless, he might as well get it out of the way.

This class teaches Soldiers about the utilization of cessation techniques, prescribed medication such as Zyban, nicotine patches and gum, in order to facilitate the transition from the high levels of nicotine intake to lower levels in the body. “My last cigarette was 14 December 2008 at 2359. With the help of the gum, the Chaplain, and a lot of will power, I have been smoke free since,” comments Staff Sgt. Redfearn. The COS Marez-East physicians and other healthcare workers have relied primarily on counseling to treat tobacco addiction. However, combining counseling with pharmacotherapy has been shown to achieve the highest quit rates within Soldiers.

Pfc. Wells comments that she wants to quit smoking after five years “because she is tired of the smell and she wants to run two miles without thinking she is going to pass out.”



First Sgt. Moises Gonzales, Spc. Angel Rosa, Sgt. Michelle Sanchez, Pfc. Eric Prox, Spc. Christina Warren, and Pfc. Christine Wells from Headquarter and Headquarters Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, received a smoking cessation class from Sgt. James Movick of the 528th Combat Stress Control Team at COS Marez-East, Iraq on 9 May 2009. (Photo by Staff Sgt. Payten Redfearn)