

New Free Tool for Pocket PCs and Palm™ to Help Smokers Quit

Thinking of quitting smoking and you own a Palm™ or Pocket PC?

You can now download free the new application, *Quit Smoking: Consumer Interactive Tool*, to load on to your Palm™ or Pocket PC to help you quit.

Quit Smoking is provided by the U.S. Agency for Healthcare Research and Quality (AHRQ). The tool provides you with a quick and easy way to jump start your own quit-smoking plan.

To use this application, you plug in the date you want to quit, and the program counts back 5 days from that date. It then offers you daily practical steps to help you quit, such as identifying reasons to quit smoking and talking to the doctor about medications, including the nicotine patch or gum.

You can download the AHRQ Palm™ or Pocket PC applications at <http://pda.ahrq.gov>.