

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

THE GREAT AMERICAN SMOKEOUT

WHAT IS GASO?

The Great American Smokeout takes place on the third Thursday each November. Smokers are encouraged to take part in the event by smoking less or quitting for the day. The event challenges people to stop using tobacco and helps bring about awareness of the many tools people can use to quit for good.

HEALTH OF OTHERS

Smoking not only harms your health but it hurts the health of those around you. Exposure to secondhand smoke includes exhaled smoke as well as smoke from burning cigarettes.

Smoking is linked to sudden infant death syndrome (SIDS) and low-birth weight infants. Babies and children raised in a household where there is smoking have more ear infections, colds, bronchitis, and other lung and breathing problems than children from non-smoking families. If a mother smokes, there is a higher risk of her baby developing asthma in childhood, especially if she smoked while she was pregnant. Secondhand smoke can also cause eye irritation, headaches, nausea, and dizziness.

WORK PLACE ACCEPTANCE

Almost all workplaces have some type of smoking rules. Studies show smoking employees cost businesses more because they are out sick more often. Smoking employees also increase insurance costs.

SETTING AN EXAMPLE

If you have children, you probably want to set a good example for them. When asked, nearly all smokers say they do not want their children to smoke, but children whose parents smoke are more likely to start smoking themselves. You can become a good role model for them by quitting now.

TOBACCO FACTS:

- About 43 million U.S. adults smoke.
- Tobacco use can cause lung cancer, as well as other cancers, heart disease, and lung disease.
- Smoking is responsible for nearly 1 in 3 cancer deaths.
- Another 8.6 million people are living with serious illnesses caused by smoking.
- Children exposed to secondhand smoke are at an increased risk of sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and even severe asthma.

WHY QUIT?

If you are thinking about kicking the habit, consider the immediate and long-term benefits quitting can make.

IMMEDIATE REWARDS OF QUITTING

- Better smelling breath
- Whiter teeth
- Clothes and hair smell better
- Your sense of smell and taste returns to normal
- Everyday activities no longer leave you out of breath (for example, climbing stairs or light housework)

COST

Smoking is expensive. Try this, multiply how much money you spend on tobacco every day by 365 (days per year). The amount may surprise you. Now multiply that by the number of years you have been using tobacco and that amount will probably shock you.

Multiply the cost per year by 10 (for the upcoming 10 years) and ask yourself what you would rather do with that much money.

THINKING ABOUT QUITTING?

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as:

- Nicotine replacement products
 - Counseling
 - Stop-smoking groups
- Telephone smoking cessation hotlines
- Prescription medicine to lessen cravings
 - Guide books
- Encouragement and support from friends and family members

NOTE: Using two or more of these measures to help you quit works better than using any one of them alone.

Telephone stop smoking hotlines are an easy-to-use resource

And as of 2008, they are available in all 50 states

Call 1-800-ACS-2345 (1-800-227-2345) to find telephone counseling or other support in your area

TOBACCO CESSATION SURVIVAL KIT

- Hard candies
- Mints
- Chewing Gum
- Straws (for chewing)
- Low calorie snacks like fruits and vegetables
- Things to occupy your hands (puzzles, stress ball, toothpicks)

RESOURCES

www.cancer.org

For more information:
www.WellnessCoachesUSA.com

