

# Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention  
Section, Forsyth County Department of Public Health



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## GREAT AMERICAN SMOKEOUT

THE AMERICAN CANCER SOCIETY IS MARKING ITS 35<sup>TH</sup> GREAT AMERICAN SMOKEOUT ON NOVEMBER 18TH



Tobacco is the leading preventable cause of death in the United States. In North Carolina 12,200 adults die every **YEAR...** and 33 people die from smoking-related causes every **DAY**.

### What is the Great American Smokeout?

Great American Smokeout is the American Cancer Society's nationwide event to encourage tobacco users to give up their habit for one day, in hopes of quitting tobacco for a lifetime. By doing so they are making steps to a healthier life – one that can lead to reducing the risk of heart disease, cancer, and stroke. Tobacco users can use this day to make a plan to quit, or to plan in advance and quit on this day.

### Put down the pack...there are benefits of quitting

- Within 20 minutes of quitting, your heart rate drops
- Within 12 hours after quitting, carbon monoxide level in your blood drops to normal
- 2 weeks to 3 months after quitting, your heart attack risk begins to drop and your lung function begins to improve
- 1 to 9 months after quitting, your coughing and shortness of breath decreases
- 1 year after quitting, your added risk of coronary heart disease is half that of a smoker's
- 10 years after quitting, your lung cancer death is about half that of a smoker's
- 15 years after quitting, your risk for coronary heart disease is back to that of a nonsmoker's

### Are you up for the challenge?

Tobacco contains over 4,000 chemicals with over 60 being known to cause cancer. Arsenic, ammonia, lead, and tar are some of the chemicals found in tobacco. Smoking costs North Carolina almost \$6.5 billion annually in health care costs and lost productivity. The addiction rate for smoking is higher than the addiction rates for marijuana, alcohol, or cocaine.

Smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, murders, and, suicides combined, with thousands more dying from spit tobacco use. Think about the years of life you can gain, improving your health and the benefits for family and friends that are affected by secondhand smoke everyday.

### Need help to quit smoking, dipping, or chewing?

In the United States, 70% of adult smokers reported they wanted to quit completely. According to the Centers for Disease Control and Prevention (CDC) the combination of medications and counseling is more effective for smoking cessation than either medication or counseling alone.

Try calling the North Carolina Tobacco Use Quitline at 1-800-QUIT-NOW (1-800-784-8669)

- Trained Tobacco Cessation Coaches – English and multiple languages
- Coaches can call back upon request
- One 8 a.m. – 3 a.m. / 7 days a week
- Free for all North Carolinians – Youth & Adults
- TTY 1-877-777-6534

1-800-QUIT-NOW  
QuitlineNC.com



For more information about Great American Smokeout and tobacco cessation, contact the Youth Tobacco Prevention Program Coordinator, Yalonda Miller, at the Forsyth County Department of Public Health at 703-3147 or email [millerya@forsyth.cc](mailto:millerya@forsyth.cc).

