



Be a Quitter on November 18

Mississippi smokers are encouraged to quit using tobacco on November 18 as part of the American Cancer Society 2010 Great American Smokeout. The American Cancer Society designates the third Thursday of each November as a day for smokers across the United States to kick the smoking habit for 24 hours in the hope they will consider quitting for good.

"There is plenty of help available for Mississippians who want to stop smoking permanently," said Tawni Basden director of the Mississippi Tobacco Free Coalition of Rankin, Scott and Simpson Counties. "If you want to quit using tobacco, contact the Mississippi State Department of Health (MSDH) Quit Line at 1-800-QUIT-NOW to receive free counseling and medications, such as the patch or gum."

According to Roy Hart, director of the MSDH Office of Tobacco Control, it is very important to get help when attempting to stop smoking. "Getting professional help can make the difference between success and failure," said Hart. "Quitting smoking can be difficult, but those who get help are twice as likely to quit for good."

Basden says the Great American Smokeout Event on November 18 is a great day for smokers to quit smoking and start on the path toward a healthier life.

"Make the decision to quit, and designate the Great American Smokeout on November 18 as your quit day," said Basden "Let your friends, family and coworkers know that you plan to quit and ask for their support and understanding. Nicotine withdrawal can cause feelings of stress and anxiety, and having a support network around you can help."

Tobacco use remains the single largest preventable cause of disease and premature death in the United States. Each year in Mississippi, smoking accounts for an estimated 5,250 premature deaths. Sixty-nine thousand Mississippi children now under 18 will ultimately die prematurely from smoking, according to the Campaign for Tobacco-Free Kids.

For more information, visit the MSDH website, www.HealthyMS.com/quit, or call the MSDH Quit Line at 1-800-QUIT-NOW.