



NEWS RELEASE



For Immediate Release

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(11/25/24) Realizing the Benefits of a Smoke-Free Life (The Great American Smokeout – November 21)

On November 21, the Great American Smokeout will celebrate nearly 50 years by the American Cancer Society as an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year round. Southern 7 Health Department urges residents to take this time to learn the health risks and get help to quit if needed.

“Everyone knows that smoking is bad for you, and it’s definitely your choice to smoke or not,” said Shawna Rhine, Southern 7 Community Outreach Coordinator. “On November 21, we are simply asking that if you smoke, try stopping for the day and consider your own health benefits from not smoking.”

According to the American Cancer Society, quitting smoking lowers your risk of other cancers over time, including cancers of the stomach, liver, cervix, colon, and rectum as well as acute myeloid leukemia (AML). It also lowers your risk of heart and lung problems such as chronic obstructive pulmonary disease (COPD), lung infections, and circulation around your heart and other body parts.

People who quit smoking can also add as much as 10 years to their life, compared to people who continue to smoke. Quitting while you’re younger can reduce your health risks more. Those who quit before age 40 reduced their risk of dying from smoking-related disease by about 90%. But quitting at any age can give back years of your life that would be lost by continuing to smoke.

Although cigarette smoking rates have been declining for decades, cigarette smoking remains the most preventable cause of serious illness and death causing more than 480,000 deaths in the US every year. No matter your age or how long you’ve been smoking, quitting improves some aspects of your health immediately and even more over the long term.

There are many ways to quit smoking, and some work better than others. The American Cancer Society can tell you about the steps you can take to quit smoking and help you find quit-smoking programs, resources, and support that can increase your chances of quitting successfully.

To learn about available tools to help you quit smoking, visit cancer.org/smokeout or call 1-800-227-2345. You can also learn more through Southern 7 Health Department by calling 618-634-2297 or downloading the Southern 7 app.

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