

PRESS RELEASE

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Celebrate Great American Smokeout - November 15, 2012

The Jackson Tobacco Reduction Coalition and the Jackson County Substance Abuse Prevention Coalition encourage local residents to quit smoking for the day or forever.

FOR IMMEDIATE RELEASE

JACKSON (April 26, 2016) – The third Thursday in November has been celebrated as the Great American Smokeout by the American Cancer Society (ACS) for 37 years. This day is designated as a day for people to quit using tobacco products for at least 24 hours in the hope that they will be successful in quitting for good.

The Jackson Tobacco Reduction Coalition and Jackson County Substance Abuse Prevention Coalition are joining the American Cancer Society for the 37th [Great American Smokeout](#) on November 15th, 2012, by encouraging smokers to use this date to make a plan to quit, or to plan in advance and quit smoking that day.

Rhonda Rudolph, Jackson Tobacco Reduction Coalition Coordinator states, “Quitting tobacco use is one of the hardest habits to give up because of the addictive nature of nicotine and the fact that it is a legal product for adults. However, a person needs to understand that quitting may take more practice than just one or two attempts.”

“The Great American Smokeout is a great day for people to set as a quit date, but resources are available year-round,” stated Rudolph. She encourages tobacco users to make a plan for quitting and enlist the support of a family member, co-worker or a close friend. “Planning ahead and choosing the best method is necessary in successfully quitting. Being prepared includes understanding the changes your body will be going through and knowing how to handle the changes without losing your desire for quitting.”

Research shows that quitters are most successful when using a combination of therapies, including resources such as nicotine replacement, counseling, self help materials and a strong support network of family and friends. Two local resources available to help people quit are Allegiance Health Tobacco Treatment Services (517-788-4707) and the Jackson Tobacco Reduction Coalition at (517-768-2131). Many insurance companies are now working closely with their members to provide quit services and pharmaceuticals. Your physician is also a good resource, particularly when it comes to your personal health status.

Another valuable resource to help one find effective ways to quit smoking is the Michigan Tobacco Quitline (1-800-Quit-Now (1-800-784-8669) or log on to www.njhcommunity.org/michigan). During the first call, a trained coach will talk to you about what you feel you need to quit. You can get self-help materials, a list of quit smoking programs in your area or register for a free telephone-coaching program. Nicotine Replacement Therapy may be available for those who qualify.

The American Cancer Society also has helpful information for individuals interested in quitting. Their website (www.cancer.org) provides information for benefits, desktop helpers, cigarette cost calculators and the ability to send an electronic card to yourself or someone you know for support. Rudolph goes on to state, “Quitting tobacco use is more than just giving up a harmful habit, it is a complete attitude and lifestyle change.”

For more information on local resources contact the Jackson Tobacco Reduction Coalition at 517-768-2131.

Our efforts are funded through Community Mental Health Authority of Clinton, Eaton and Ingham, Substance Abuse and Mental Health Services Administration and the Michigan Department of Community Health.

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Here are 10 tips to help you quit

(Also listed at www.community.acsevents.org/site/PageServer?pagename=C_EA_GAS_Quit_QuitTips)

- 1) **Talk to your doctor.** Before you begin your plan to quit smoking, check with your doctor to see what might be the best approach. Remember, quitting smoking is very personal and there isn't one perfect method.
- 2) **Don't keep it a secret.** Tell everyone you know you're quitting. This will give you a support system and make you more accountable, which makes you more likely to stick with it.
- 3) **You're not alone.** Although it may feel like you're all by yourself, you're not. There is lots of help out there. Many communities and health care organizations have resources to help you quit. Call your American Cancer Society to find out what is available in your area.
- 4) **Consider using medication to help you quit.** There are prescriptions and over-the-counter medications that can help you deal with withdrawal symptoms or even help reduce the urge to smoke. Again, you'll always want to talk to your doctor first, but some medicine could help.
- 5) **Dump the memories.** Clear the places where you usually smoke of anything that reminds you of cigarettes such as lighters, ashtrays, or matches. Ask other smokers not to smoke around you, and clean your house and car thoroughly to remove the smell of cigarettes.
- 6) **Avoid places where smokers gather.** Go to the movies or other places where smoking is not allowed.
- 7) **Stay calm and stay busy.** You may have some excess nervous energy, but that's good! Use it for something constructive like going to the gym, working on that project you've been putting off, or taking a relaxing walk. Find things to keep your hands busy as well, like video games or journal writing.
- 8) **When the urge to smoke strikes, do something else.** If you feel a craving for a cigarette coming on, take a deep breath, smile and then do something else. Call a friend, do some pushups, walk up a flight of stairs or touch your toes. Anything that will take your mind off the craving.
- 9) **One will hurt. Don't fall into the trap.** That one cigarette can get you back in the habit of smoking full time. Keep a supply of oral substitutes like carrots, apples, raisins, or gum handy.
- 10) **Water, water everywhere.** Drink lots of fluids. It can help clean your system out and curb some cravings. Water is best -- stay away from coffee and alcohol. It's not good to supplement one harmful addiction with another.

It's not easy to quit smoking. If you stumble along the way, don't punish yourself. Just try again.