

Accept the Great American Smokeout Challenge

Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

Ever wonder why they're called cancer sticks?

The connection between cigarettes and lung cancer is obvious. But the truth is, "Smoking reaches every cell in your body," says Michael Thun, M.D., vice president of epidemiology for the American Cancer Society. "There are 4,000 chemicals in tobacco smoke—more than 50 of them are known to lead to cancer." That's why smoking is linked with an increased risk for at least 15 types of cancer and accounts for at least 30 percent of all cancer deaths.

American Legacy Foundation
800-4-A-LEGACY; BecomeAnEx.org)

American Lung Association Freedom From Smoking (800-LUNG-USA; LungUSA.org)

National Cancer Institute
(877-44-U-QUIT; SmokeFree.gov)

Nicotine Anonymous (415-750-0328; Nicotine-Anonymous.org)

American Cancer Society Quitline
(800-ACS-2345; Cancer.org)
www.self.com



Check out the Employee Wellness Website for tips and links to the Great American Smokeout!
www.spfldcol.edu/employeeewellness

Check out the American Cancer Society for resources to help you or a friend quit smoking!
www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp

Double Your Chances for Quitting Smoking

Quit Smoking for the Great American Smokeout

Pick a Quit Day

Suggestions for your Quit Day

Five Keys to Quitting

Helping a Smoker Quit: Do's and Dont's

Great American Smokeout Quiz

