

Great American Smokeout—November 19

For approximately one in four Tennesseans, November 19 could be the day their lives are changed – when they start having more money, feel better and reduce their risk for several serious illnesses. Across the United States, thousands will make November 19 the date they proudly say “Enough is Enough!” and start living without tobacco products and nicotine.

If you use tobacco and want to quit, set a goal now to end your addiction November 19 – that’s when the American Cancer Society sponsors The Great American Smokeout. Many have used this annual event as an effective way to stop using tobacco.

Can it work? Yes! Setting a goal and planning to stop on a certain day is a proven way to end an addiction to tobacco and nicotine. Studies show most people make several attempts to quit before they are successful, but no one ever is if they give up trying. So even if you’ve tried to quit before, mark your calendar now to make November 19 the first day of the rest of your tobacco-free life!

Quitting is not easy because nicotine is an extremely addictive substance, more than drugs such as opium and cocaine –but YOU CAN DO IT! There are people who really want to help you. Call the toll-free Tennessee Tobacco QuitLine to find friendly resources: 1-800-QUIT NOW (800-784-8669).*

The Tennessee Department of Health recommends using only FDA-approved smoking cessation devices. There is growing evidence electronic cigarettes and electronic nicotine delivery systems (ENDS) may contain a variety of harmful ingredients (including unregulated amounts of nicotine). See the Tennessee Department of Health Public Advisory on ENDS:

http://tn.gov/assets/entities/health/attachments/PHA_ElectronicTobacco.pdf

Tell others you are planning to quit November 19 and ask for their support. Ask them to help you celebrate each day you stay tobacco-free. The most successful efforts to quit almost always involve encouragement from friends and family members.

Consider asking another tobacco user to join you in a buddy system, supporting each other when cravings come calling.