

NOVEMBER IS TOBACCO AWARENESS MONTH

It's Great to be a Quitter!

Quitting is not usually a word associated with good, but in the case of quitting tobacco, it is a great thing! Quitting tobacco is one of the best gifts you can give yourself and the people you care about.

Quitting tobacco is never easy. The drug found in tobacco products, nicotine, is highly addictive. When nicotine enters the body through a cigarette or smokeless tobacco, the effects happen almost immediately. Nicotine goes to the brain quickly to feed the addiction that it has created. Someone who smokes one pack of cigarettes a day experiences somewhere around 200 "hits" of this addictive drug.

The Tobacco-Free QC Coalition offers the following tips to help you quit:

1. Get rid of ALL tobacco and ashtrays in your home, car, or workplace.
2. Ask your family, friends, and coworkers for support.
3. Breathe in deeply when you feel the urge to use tobacco.
4. Stay in nonsmoking areas.
5. Keep yourself busy.
6. Reward yourself often.



Toll-Free Telephone Support:

In Iowa: 1-866-U CAN TRY (1-866-822-6879)
In Illinois: 1-866-QUIT YES (1-866-784-8937)
American Legacy Foundation: 1-866-667-8278

Web Support: www.quitnet.org

Scott County is Invited to Participate in the Great American Smokeout®



Make plans today to participate in the American Cancer Society event, the Great American Smokeout®, on November 17, 2006. On this day, people are asked to stop using tobacco and efforts to educate individuals on quitting take place. The event started in the 1970s when smoking and secondhand smoke exposure were more common. Each year, smokers across the nation take part in this event. Circle November 17th on your calendar and make this the day you throw out your tobacco and put your plan to quit in action! There are many websites that can help you to be on your way to becoming a non-smoker today. To learn more about the

Great American Smokeout®, visit the American Cancer Society's website at www.cancer.org. If you want to learn more about quitting services in the Quad Cities, visit the Tobacco-Free QC website at www.tobaccofreeqc.org and click on "Cessation/Quit Smoking."

Secondhand Smoke Is Dangerous, Too!

Did you know that secondhand smoke is the 3rd ranked preventable cause of death in the United States? Everyday, people are breathing in thousands of chemicals that are released in the smoke when tobacco is lit. These chemicals are dangerous to not only the smoker, but to everyone who breathes in the smokey air.

DID YOU KNOW?

Each year 3,000 non-smokers die from lung cancer deaths.

The Tobacco-Free QC Coalition has this to say about secondhand smoke:

- Do not allow anyone to smoke in your home or in your car.
- In other people's homes and cars, ask that people refrain from smoking around you.
- Insist on non-smoking daycare for your children.
- When dining out, choose a smoke-free restaurant.



THE FACTS ABOUT CHILDREN AND SECONDHAND SMOKE

Babies and children exposed to smoke are more likely to get sick. They experience more:

1. Asthma
2. Bronchitis and Pneumonia
3. Colds, Coughs, Colic, and Ear Infections

- Babies who breathe secondhand smoke are twice as likely to die from Sudden Infant Death Syndrome (SIDS).
- Exposure to secondhand smoke during pregnancy and childhood increases the likelihood of developing asthma.
- Smoking in the home, car, or smoke odor on the clothing, skin, or hair can trigger asthma symptoms.

Tobacco-Free QC Coalition Announces New Smoke-Free Dining Guide



The Tobacco Free QC Coalition is pleased to announce that the latest Smoke-Free Dining Guide for the Quad Cities will be released before the holidays. At that time, look for the new Smoke-Free Dining Guide at your local library, hospital, Visitors Center, and at the Scott County Health Department and Rock Island County Health Department. In the meantime, you may check the Scott County Health Department's website at www.scottcountyiowa.com/health and click on the Restaurant Inspection Database to view Scott County's restaurants. The database allows you to search for Scott County restaurants that are 100% smoke-free as well as view the latest inspection report.

Resources:

Tobacco-Free QC: www.tobaccofreeqc.org
American Cancer Society: www.cancer.org

If you would like to receive this newsletter and other Scott County Health Department press releases electronically, please add your name to our e-mail list on our website at:
www.scottcountyiowa.com/health.