

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

THE DANGERS OF SECONDHAND SMOKE

Did you know that secondhand smoke is the third 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.

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.



YOU'RE INVITED!



WHAT: Quad Cities 1st Annual Great American Smokeout® Event

WHERE: PepsiCo Center, Augustana College

WHEN: Thursday, November 15, 2007 from 3:00-7:00 p.m.

FOR MORE INFORMATION call Nicole Knudsen at the American Cancer Society at 309-794-0601 ext. 233

PLANNED ACTIVITIES INCLUDE:

- *Lung Cancer Survivor Speaker
- *FREE Pulmonary Testing
- *FREE Cessation Counseling
- *FREE Blood Pressure Checks
- *Aging Machine
- *Hypnotist
- *FREE HIV Testing
- *Community Scavenger Hunt
- *Cheerleading Competition
- *Band and Mascot Competition
- *Black Tie Entertainment DJ
- *Smoke Free Business Competition
- *Raffle
- *Informational Booths

I would have enjoyed my dining more if you were a smoke-free restaurant.
www.tobaccofreeqc.org

Did you know that 4 out of 5 of your patrons are non-smokers?
www.tobaccofreeqc.org

Tobacco-Free Tip Stickers Available!

The Tobacco-Free QC Coalition has **FREE** tobacco-free tip stickers available! The stickers can be used at restaurants that allow smoking. The stickers have tobacco facts and are designed to be placed on your bill after you pay as a "tip". The stickers can be picked up at the Scott County Health Department, located on the fourth floor of the Scott County Administrative Center, 600 West 4th Street, Davenport, IA 52801 while supplies last. Together we can create a smoke-free Quad Cities!

HELP OUT BY GOING ALL IN!

WHAT: Bettendorf and Scott County Texas Hold 'em Tournament

—All Proceeds Benefit United Way

WHERE: Bettendorf Holiday Inn, 909 Middle Road, Bettendorf

WHEN: Friday, November 9, 2007 (Doors open at 5:30 & event starts at 6:30 p.m.)

TICKETS: \$25 Pre-Sale; \$30 at the door; \$10 re-buys

Tickets can be purchased at Bettendorf City Hall or the Scott County Administrative Center (Must Be 21 years or older to play)

For more information and to see the list of prizes, visit: www.scottcountyiowa.com.

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.