



Great American Smoke Out



The Smokeout is always the third Thursday of November, one week before Thanksgiving. This year (2008), the Smokeout is November 20.

Could This Be the First Day of a Life Without Tobacco?

Are you thinking about quitting smoking but not sure you're ready to take the plunge? Maybe the Great American Smokeout is for you. It's an opportunity to join with literally millions of other smokers in saying "no thanks" to cigarettes for 24 hours.

A Day to "Butt Out"

The Great American Smokeout traditionally takes place on the third Thursday in November. The concept dates from the early '70s when Lynn Smith, publisher of the Monticello Times of Minnesota, announced the first observance and called it "D Day." The idea caught on in state after state until in 1977, it went nationwide under the sponsorship of the American Cancer Society. If past Smokeouts are any indication, as many as one-third of the nation's 46 million smokers could be taking the day off from smoking.

Joining the Fun

Each year during the Great American Smokeout, the American Cancer Society promotes local and nationwide activities that focus in a light-hearted way on the benefits of not smoking.

The Rules of the Game

The rules are simple: You just quit smoking for the 24 hours of the Smokeout. The wonderful thing is that you won't be alone; you can swap advice, jokes and groans with the other "quitters," nonsmokers and the American Cancer Society

volunteers who will be cheering you on. Even if you don't go on to quit permanently, you will have learned that you can quit for a day and that many others around you are taking the step, too. Contact the American Cancer Society for information on how you can participate, either as a "quitter" or as a volunteer.

Facts About Smoking

- For every eight smokers that die of a smoking related illness, one nonsmoker dies as well.
- A single cigarette contains over 4,000 chemicals, including 200 known poisons and more than 60 carcinogens.
- Addiction can begin in as little as two weeks, when nicotine changes the brain's chemistry.
- Every year cigarettes leave about 31,000 kids fatherless.
- Every year, between 200,000 and one million asthmatic kids suffer from increasingly severe asthma attacks due to secondhand smoke.
- Second hand smoke hurts kids more severely than it hurts adults.
- Children's lungs are smaller and their immune systems are weaker than adult's. Therefore, they are more vulnerable to respiratory and ear infections caused by second-hand smoke.
- Children are smaller, and breathe faster than adults. They take in more harmful chemicals per pound of their weight than an adult would in the same amount of time.



Source:

www.DoSomething.org
www.QuitSmoking.com

Courtesy of Wellness Proposals