

# The Great American Smokeout 2005

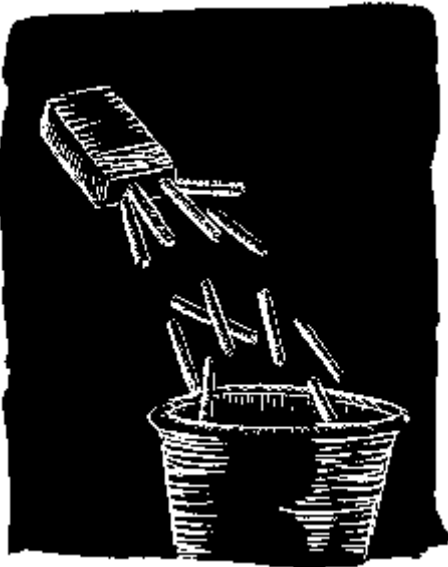


Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

## How to take part in the Great American Smokeout

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.

Although the day itself may have passed, it's never too late to start giving up. Call 1-800-ACS-2345 for help finding a free American Cancer Society Quitline, or go to [www.cancer.org](http://www.cancer.org) for more information and help quitting. You can even follow the progress of nine other people in the South Atlantic area trying to give up smoking, at [www.quitforyou.org](http://www.quitforyou.org).



## How the Great American Smokeout began

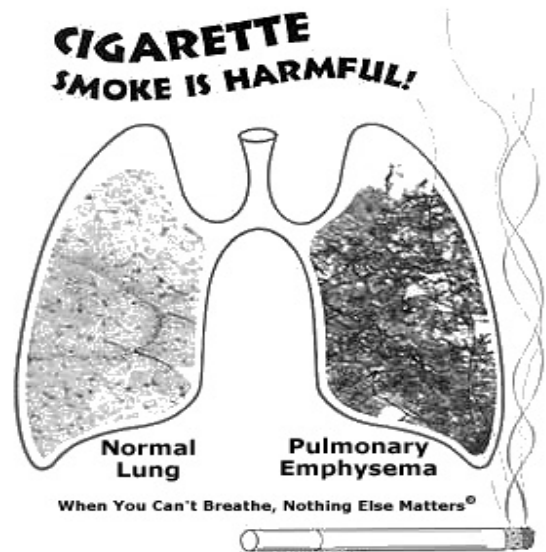
The idea for the Great American Smokeout grew out of a 1974 event. Lynn R. Smith, editor of the *Monticello Times* in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day. The idea may have been inspired by Arthur P. Mullaney of Randolph, Massachusetts, who three years earlier had asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund.

The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society successfully prompted nearly one million smokers to quit for the day. That California event marked the first Smokeout, and the Society took it nationwide in 1977.

## The Effects of Smoking

- Tobacco use accounts for about one third of all cancer deaths in the United States. Smoking causes almost 90% of lung cancers. Smoking also causes cancers of the larynx (voice box), oral cavity, pharynx (throat), and esophagus, and contributes to the development of cancers of the bladder, pancreas, cervix, kidney, and stomach; it is also linked to the development of some leukemias.
- More than 7 million current and former smokers suffer from chronic obstructive pulmonary disease (COPD), the name used to describe both chronic bronchitis and emphysema.
- About half of all those smokers who continue to smoke will die because of the habit. In the United States, tobacco causes nearly 1 in 5 deaths, killing about 438,000 Americans each year.
- Passive smoking causes about 3,000 lung cancer deaths and about 35,000 to 40,000 deaths from heart disease each year in healthy nonsmokers.
- Children whose parents smoke are more likely to suffer from asthma, pneumonia, bronchitis, ear infections, coughing, wheezing, and increased mucus production.

 AMERICAN  
LUNG  
ASSOCIATION



## Some of the Benefits of Quitting

**After 20 minutes:** Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal. (US Surgeon General's Report, 1988, pp. 39, 202)

**After 8 hours:** The carbon monoxide level in your blood drops to normal. (US Surgeon General's Report, 1988, p. 202)

**After 24 hours:** Your chance of a heart attack decreases. (US Surgeon General's Report, 1988, p. 202)

**Within 3 months:** Your circulation improves and your lung function increases up to 30%. (US Surgeon General's Report, 1990, pp.193-94,196, 285, 323)

**In 1 to 9 months:** Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection. (US Surgeon General's Report, 1990, pp. 304, 307, 319, 322)

**After 1 year:** The excess risk of coronary heart disease is half that of a smoker's. (US Surgeon General's Report, 1990, p. vi)

**After 5:** Stroke risk is reduced to that of a nonsmoker. (US Surgeon General's Report, 1990, p.79)

**After 10 years:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (US Surgeon General's Report, 1990, pp.110, 147, 152, 155, 159, 172)

**After 15 years:** The risk of coronary heart disease is that of a nonsmoker's. (US Surgeon General's Report, 1990, p.79)

## Where to go for help

For help giving up, contact any of the following organizations:

### **American Cancer Society**

Telephone: 1-800-ACS-2345 (1-800-227-2345)

Internet address: [www.cancer.org](http://www.cancer.org)

### **American Lung Association**

Telephone: 1-800-586-4872 (1-800-LUNG-USA)

Internet address: [www.lungusa.org](http://www.lungusa.org)

### **American Heart Association**

Telephone: 1-800-AHA-USA-1 (1-800-242-8721)

Internet address: [www.amhrt.org](http://www.amhrt.org)

### **National Cancer Institute**

#### **Cancer Information Service**

Telephone: 1-800-4-CANCER (1-800-422-6237)

Internet address: [www.cancer.gov](http://www.cancer.gov)



**The Great American  
Smokeout**