



November 2015

The Great American Smokeout is November 19, 2015

What is the Great American Smokeout?

Every year on the 3rd Thursday of November, smokers across the nation take part in the American Cancer Society's Great American Smokeout. Smokers are encouraged to use the date to make a plan to quit or to quit smoking that day. The Great American Smokeout event challenges people to stop using tobacco and helps people know about the many tools they can use to help them quit for good.

In many towns and communities, local volunteers use this event to publicize the need to quit, and press for laws that control tobacco use and discourage teens from starting, and support people who want to quit.

It's hard to quit tobacco.

Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Smoking-cessation hotlines
- Stop-smoking groups
- Online quit groups
- Counseling
- Nicotine-replacement products
- Prescription medicine to lessen cravings
- Guidebooks
- Encouragement and support from friends and family members

Using two or more of these measures to quit smoking works better than using any one of them alone. For example, some people use a prescription medicine along with nicotine replacement. Other people may use as many as three or four methods listed above.

What does it take to stay tobacco-free?

Quitting smoking can be a long and hard process, and staying tobacco-free is the longest and most important part of it. Every day you must decide not to smoke, and each day that you don't smoke is a small victory. These all add up to a huge victory.

Stop-smoking hotlines are an easy-to-use resource, and they are available in 50 states.

Call the American Cancer Society at 1-800-227-2345 to get more information on quitting tobacco and to find telephone counseling or other support in your area.

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