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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Sedgwick County Health Department Promotes the American Cancer Society's 2008 Great American Smokeout

(Sedgwick County, Kansas) – The Sedgwick County Health Department announces the 33rd annual American Cancer Society's Great American Smokeout (GASO), Thursday, November 20. The Great American Smokeout is an opportunity for smokers to go a full day (24 hours) without cigarettes, in the hope they may quit permanently.

Across the developed world, almost 90% of lung cancer deaths are caused by smoking.* The U.S. Centers for Disease Control and Prevention report:

- 20 minutes after your last cigarette, your heart rate drops to normal.
- 12 hours after quitting, the carbon monoxide level in your blood normalizes.
- 1 year after quitting, the risk of coronary heart disease is half that of a smoker's.
- 5 years after quitting, your stroke risk is reduced to that of a nonsmoker.

“People know smoking is harmful and many want to quit, but quitting is not easy,” Sedgwick County Commission Chairman Tom Winters said. “During the Great American Smokeout, hundreds of people across Sedgwick county will quit smoking for the day and hopefully for good.”

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With this in mind, the Sedgwick County Health Department encourages citizens to accept the Great American Smokeout challenge. Quitting smoking is not easy, but it can be done. About one-in-five U.S. adults are smokers. Last year, seventy percent of those smokers considered quitting last year and forty-one percent tried. Less than six percent were successful. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

If you or someone you know is ready to quit tobacco, the toll-free Kansas Tobacco Quitline 1-866-KAN-STOP (1-866-526-7867) is ready to help. Experienced quit coaches work with callers to prepare for a quit date and help them make a free personalized quit plan.

For more information on smoking, its negative consequences, and helpful resources, visit www.sedgwickcounty.org.

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* Source: Peto R, R; Lopez AD, Boreham J et al. (2006). [Mortality from smoking in developed countries 1950–2000: Indirect estimates from National Vital Statistics](#). Oxford University Press