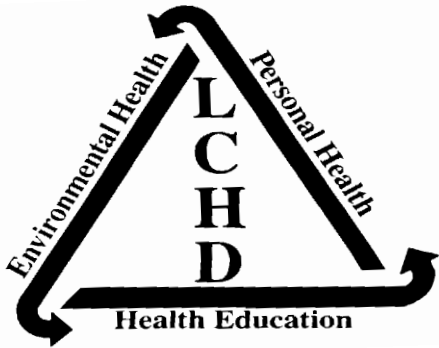


MEDIA RELEASE



Date: November 13, 2018
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Leslie Dougherty (ext. 225) or Jenny Barrie (ext. 226)
Phone: (815) 433-3366
For Immediate Release

“ GREAT AMERICAN SMOKE OUT ”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact 433-3366 Leslie Dougherty x225 or Jenny Barrie x226.

OTTAWA, IL -- The LaSalle County Health Department would like to announce that Thursday, November 15th is this year's Great American Smoke Out. The Great American Smoke Out is sponsored by the American Cancer Society (ACS) and celebrated the third Thursday each November. This annual event challenges smokers to quit for at least 1 day with the hopes that they will quit permanently.

The LaSalle County Health Department would like to encourage everyone to join in on the campaign against smoking, which is the most preventable cause of death in the United States today. Smoking is associated with increased risk for cancers of the mouth, nasal cavities, pharynx, larynx, esophagus, stomach, pancreas, liver, cervix, kidney, bladder, and myeloid leukemia. And yet about 38 million Americans still smoke.

The Great American Smoke Out is an upbeat effort to encourage smokers to give up cigarettes for 24 hours, if only to prove to themselves that they can. Quitting smoking has immediate and long-term benefits, including reduced risk for heart disease and certain cancers.

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For help in quitting you can contact the Illinois Department of Public Health's Quit line at 1-866-QUIT-YES. Nonsmokers are encouraged to participate as well. By adopting a smoker you give them the support they may need to help them be successful. Everyday thousands are leaving the pack behind. Now it is your turn to do the same.

For more information on how to quit smoking or for some quit tips please contact the LaSalle County Health Department at 433-3366. Or visit our website at www.lasallecounty.org/hd.

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