

The Great American SMOKEOUT



TIME TO QUIT



Join the Great American
SMOKEOUT
November 17, 2016



The goal for smokers:

24 HOURS

without a cigarette – the starting line for kicking the habit for good.



Tweet

your progress
during the day
at

#GreatAmericanSmokeout and #gaso

GOOD NEWS!



12 HOURS

after you quit smoking,
carbon monoxide levels in
your blood drop to normal.



YOU CAN DO IT!

Every year the New York State Smokers' Quitline at Roswell Park helps about

20,000 smokers

STOP smoking

Cigarette smoking is
the leading preventable
cause of death in the U.S.

-Centers for Disease Control

NOT JUST CANCER: Smoking is linked to stroke, heart disease,
and chronic obstructive pulmonary disease.



Tobacco companies add urea — a substance found in urine —
to make tobacco milder in some cigarette brands.



5 =

Average number of packs
a person smokes before
becoming addicted.



Moms who smoke during pregnancy put
their babies at risk for premature birth &
Sudden Infant Death Syndrome (SIDS).

UP IN SMOKE



\$10/



x7 days/ week

x52 weeks/ year

= \$3,640

Tobacco kills more than

480,000 people annually



AIDs, alcohol, car accidents, illegal drugs,
murders and suicides **COMBINED.**

-Centers for Disease Control

RoswellPark.org

The New York State Smokers' Quitline

1-866-NY-QUITS (697-8487) nysmokefree.com