

# GREAT AMERICAN SMOKEOUT

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

- ◆ In many communities, local volunteers support quitters, publicize the event, and press for laws that control tobacco use and discourage teenagers from starting.
- ◆ Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books, and the encouragement of friends and family members.
- ◆ Despite that, only about one in seven current smokers reports having tried any of the recommended therapies during their last quit attempt.
- ◆ Telephone quitlines are a convenient new resource, available for free in many states. Call 1-800-ACS-2345 to find a quitline or other science-based support in your area.



The following resources provide additional information on quitting smoking:

**American Cancer Society**

1-800-ACS-2345

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

**American Heart Association**

1 800-242-8721

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

**National Cancer Institute**

Cancer Information Service

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

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

**Nicotine Anonymous**

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**Smokefree.gov**

1-877-44U-QUIT (1-877-448-7848)

[www.smokefree.gov](http://www.smokefree.gov)

*Source: American Cancer Society.*



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