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For Immediate Release

November 17, 2015
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Health Information: Great American Smokeout- November 19, 2015

The Toledo-Lucas County Health Department is marking the Great American Smokeout on Thursday, November 19, 2015 by encouraging smokers to use the date to make a plan to quit, or to quit smoking that day.

By quitting – even for one day – smokers will be taking an important step towards a healthier life. The health benefits of quitting smoking start immediately from the moment of smoking cessation. Tobacco use remains the single greatest cause of disease and premature death in the US, yet about 43.8 million Americans still smoke cigarettes; nearly 1 in every 5 adults.

Individuals can contact the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) to speak with an experienced Quit Specialist. The free Quit Line offers support and advice, a personalized Quit Plan, self-help materials and the latest information about medications that can help you quit smoking. Free nicotine patches are available for qualified callers.

To make an appointment with a Certified Tobacco Treatment Specialist at the Health Department, please call 419-213-2655.

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