

Kick Butts Day



March 25th, 2010 was Kick Butts Day which is a national event started in September 1995 by the National Center for Tobacco-Free Kids. The purpose of the event is to mobilize America's youth to stand up, to be vocal and to take control in the fight against big tobacco. The campaign encourages young people to become youth advocates to support tobacco ordinances in their communities, to hold tobacco control activities and events. If you would like to get Kings County youth involved in advocacy activities contact the Kings County Tobacco Control Program at 584-1411 ext.4504!

Tobacco use is the number one most common preventable cause of death. Many lifelong smokers began in their teen years experimenting with tobacco. About half of the people who don't quit smoking will die of smoking-related problems. Quitting smoking is important for your health and provides many benefits. 2 to 12 weeks after you quit smoking, your circulation begins to improve, and your blood pressure starts to return to normal. Your sense of smell and taste return and breathing starts to become easier. In the long term, giving up tobacco can help you live longer. Your risk of getting cancer decreases with each year you stay smoke-free. 5 to 15 years after quitting your risk of having a stroke is reduced to that of a nonsmoker's. As the smoke free years increase so does the benefits.

To accept this challenge you can visit the American Cancer Society online website at www.cancer.org to plan your quit day.

The Kings County Tobacco Control Program also offers a 7-week Freedom From Smoking Clinic Program to the community free of charge. The Freedom From Smoking Clinic was first introduced nationwide in 1981 and has helped hundreds of thousands of smokers quit since then. The program focuses on behavior change, promotes Nicotine Replacement Therapy (NRT) and an established quit date is set. To register for this class or for cessation information contact Carmen Gutierrez at 584-1401x4504.

Quitting is not easy. You may have short-term effects such as weight gain, irritability and anxiety. It is common to be unsuccessful many times before quitting for good. There are many ways to quit smoking. Some people stop "cold turkey." Others benefit from step-by-step manuals, counseling or medicines or products that help reduce nicotine addiction. Nicotine Replacement Therapy (NRT) helps relieve some of the common withdrawal symptoms. There are several products available over the counter including nicotine patches, gum, and lozenges. Others that are available by prescription are the nicotine nasal spray, inhaler, Zyban and Chantix. It is important to thoroughly read all insert material to see how often and for how long it should be used. You may not be able to use these aids if you are pregnant or suffer from serious medical conditions. It is a good idea to make an appointment with your health provider prior to quitting in order to set up a plan.

Some tips for getting through rough spots after stopping smoking include spending more time in the beginning in non-smoking places. Don't drink alcohol, coffee, and other drinks you link with smoking. Remember the 3 A's: Avoid, Alter, and find Alternatives to modify behaviors linked to smoking. Find natural ways to relieve stress such as deep breathing, time management skills, and have the support of a friend or relative. Remember that every day that passes that you are smoke-free is a victory and quitting smoking is one of the best health decisions you can make to improve your health.



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