



## DHD#10 ENCOURAGES INDIVIDUALS TO QUIT SMOKING DURING LUNG CANCER AND COPD AWARENESS MONTH

November 16, 2021- According to the Centers for Disease Control and Prevention (CDC), tobacco is the leading cause of preventable death and disease in the United States and cigarette smoking is the number one risk factor for lung cancer. Lung cancer is also the second most diagnosed cancer in both men and women and roughly 80 to 90 percent of lung cancer deaths is linked to cigarette smoking.

This November, District Health Department #10 (DHD#10) encourages community members to make healthy choices such as not smoking, avoiding secondhand smoke and carcinogens, and testing homes for radon to reduce the risk of Lung Cancer and other respiratory diseases such as Chronic Obstructive Pulmonary Disease (COPD).

“People who smoke cigarettes are 15 to 30 times more likely to get lung cancer or die from lung cancer than those who do not smoke,” said Katie Miller, Community Health Supervisor for DHD#10. “Quitting smoking at any age can lower one’s risk of lung cancer and other respiratory diseases than those who continue to smoke.”

For anyone ready to take that next step, DHD#10 has a free Tobacco Treatment Program that offers help and support to anyone, of any age, who is looking to quit tobacco. Smoking Cessation and Reduction in Pregnancy (SCRIPT) is also available to pregnant moms who are looking to quit as well.

“DHD#10’s Tobacco Treatment Specialists are available to help individuals on their journey to quitting tobacco,” said Miller. “They will answer questions, assist with obtaining patches, gum, or lozenges, and provide individuals counseling to help plan, set a quit date, and provide support through the process. To learn more about DHD#10’s tobacco cessation program, please call 888-217-3904.”

For help in quitting tobacco, individuals can call the Michigan Tobacco Quitline at 800-QUIT-NOW (800-784-8669), contact DHD#10 at 888-217-3904, or visit <https://www.livewell4health.org/tobacco-cessation>

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### MEDIA CONTACT

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### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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