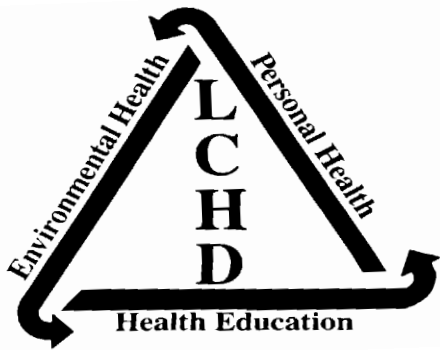


MEDIA RELEASE



Date: November 17, 2021
To: All Media
From: LaSalle County Health Department
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For Immediate Release

“ GREAT AMERICAN SMOKE OUT ”

OTTAWA, IL -- This years Great American Smoke Out is Thursday, November 18th. The Great American Smoke Out is sponsored by the American Cancer Society (ACS) and celebrated the third Thursday each November. This annual event challenges smokers to quit for at least 1 day with the hopes that they will quit permanently.

The LaSalle County Health Department would like to encourage everyone to join in on the campaign against smoking, which is the most preventable cause of death in the United States today. Smoking is associated with increased risk for cancers of the mouth, nasal cavities, pharynx, larynx, esophagus, stomach, pancreas, liver, cervix, kidney, bladder, and myeloid leukemia. And yet according to the CDC about 34 million Americans still smoke.

The Great American Smoke Out is an upbeat effort to encourage smokers to give up cigarettes for 24 hours, if only to prove to themselves that they can. Quitting smoking has immediate and long-term benefits, including reduced risk for heart disease and certain cancers. For help in quitting you can contact the Illinois Department of Public Health’s Quit line at 1-866-QUIT-YES that 1-866-784-8937. Every day thousands are leaving the pack behind. Now it is your turn to do the same. For more information on how to quit smoking or for some quit tips please contact the LaSalle County Health Department at 433-3366. Or visit our website at www.lasallecounty.org/hd.

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