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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



FREE HELP AVAILABLE TO STOP SMOKING

Did you know that lung and bronchus cancer is the leading cause of cancer incidence (new cases) and cancer-related deaths in Ohio? Unfortunately, Morgan County has one of the highest rates of lung and bronchus cancer in Ohio, according to the Ohio Cancer Incidence Surveillance System. Using tobacco (such as cigarettes, cigars, and pipes) is a major risk factor for lung cancer. A risk factor is anything that increases the chance of getting a disease, such as cancer. The risk of developing cancer increases with the amount and duration of your tobacco use.

The good news is that when you quit smoking, there are short-term and long-term benefits. Your lungs, heart, and circulatory system begin to function better. Your chance of having a heart attack or stroke will go down. You will be able to smell and taste better, and your breathing will improve! There are many more benefits that make it worth it to quit. If you are a tobacco user and want to quit, there is hope for you! Most importantly, you do not have to be alone in your journey to break free from the chains of tobacco.

If you are thinking about quitting smoking and would like some help, a quitline might be just what you need to succeed. Quitlines provide free coaching—over the phone—to help you quit smoking. When you call 1-800-QUIT-NOW, you can speak confidentially with a highly trained coach. Quitlines provide many of the services and similar support you get in a stop-smoking class or from your doctor, and can be a valuable complement to your doctor's care. The Quitline can provide you with quit-smoking medications, quitting tips, and more. A quit coach will work with you to develop a plan that is personalized for your needs.

Want more information about the Quitline? Call our tobacco cessation coordinator at (740) 962-4572. For more information about cancer and smoking, visit www.odh.ohio.gov, www.cancer.gov, or www.nia.nih.gov.