

April: Smoking Cessation

Tobacco is the leading avoidable cause of cancer and has been estimated to account for about 30% of cancer deaths in the U.S. We all know that it's not good for us, but do we know about all of the health problems that it can cause besides cancer?

Do we know that to quit smoking at any age is beneficial, and the earlier in life one quits, the greater the benefits?

Do we know about some of the support programs available for those people who want to quit smoking

Click on the links below to answer these questions.

<http://www.webmd.com/cancer/tc/prevention-and-cessation-of-cigarette-smoking-control-of-tobacco-use-prevention-patient-information-12763>

<http://www.mytimetoquit.com/sites/mttq/pages/AboutNicotine.aspx>

<http://www.mytimetoquit.com/sites/mttq/pages/Planyourquit.aspx>

