

# National NON-SMOKING Week

January  
20 to 26,  
2008

## Take your life back from tobacco

This year, from January 20 to 26, National Non-Smoking Week is being held under the compelling theme "Taking my life back from tobacco", which not only evokes an image of the slavery associated with a smoking habit, but also reminds us that tobacco use shortens life.

According to the Canadian Council for Tobacco Control, cigarettes kill no less than half of all long-term smokers. If this statistic alone is not enough to convince you to butt out, here is another: this bad habit reduces your life expectancy by about 15 years. Think of all of the small and big pleasures you will be able to enjoy thanks to your decision to quit smoking.

To maintain your motivation, think of your loved ones. Adults who live with a smoker have a 30% greater risk of getting lung cancer and a 20-30% increased risk of dying from heart disease. Children who are regularly exposed to tobacco smoke have a

greater risk of developing various health problems, such as asthma, pneumonia, bronchitis, and ear infections.

How do you stop? Numerous resources are available to help you achieve your goal. The Canadian Cancer Society offers information booklets and all kinds of advice on smoke cessation methods on its Web site, at [www.cancer.ca](http://www.cancer.ca). In addition, smokers who want to improve and extend their life can take advantage of the helplines offered by the provinces and territories; the toll-free telephone numbers are listed on the National Non-Smoking Week's Web site, at [www.nnsw.ca](http://www.nnsw.ca). Help is also available through support groups, various products sold in drugstores, etc. No matter which method you choose, the important thing is to make up your mind to quit smoking, and then to persevere... for life!



Take your life back: quit smoking!

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