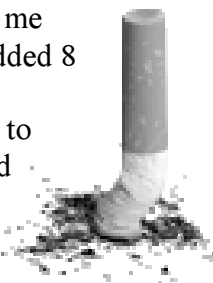




You Can Quit Smoking!

Paul's Story: As I write this article, the electronic quit meter on my computer shows that I have been "smober" (smoke free) for one year, eleven months, five days, 2 hours, 26 minutes and 14 seconds. I have not smoked 17677 cigarettes, which has saved me \$3,535.72 and added 8 weeks, 5 days, 9 hours, 5 minutes to my life. I smoked for 25 years, my entire adult



life. We were all born non-smokers, I'm just having a relapse. Even as a smoker, I knew the statistics – but just the negative ones. I knew that more than 4000 toxic chemicals were contained in cigarettes. I knew how many lives and how many millions of dollars cigarette smoking costs our society. No one nowadays can deny the health risks of smoking, but when you're a smoker the addiction is more powerful than all the negative statistics. All

smokers harbor the secret hope that they will be spared the disease and death that follows nicotine addiction. We tell ourselves we'll quit in time and somehow dodge the bullet. But with four million people dying every year due to tobacco use around the world, the odds aren't in our favor. The good news is that millions of people have successfully quit smoking and so can you. In addition, you don't have to do it alone; there is help.

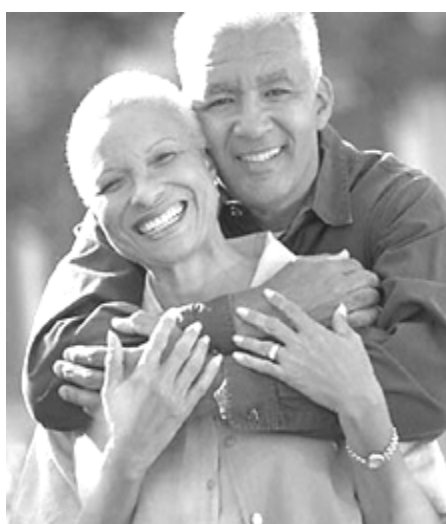


Tobacco Reduction Coalition

The Berrien County Tobacco Reduction Coalition (BCTRC) and the Berrien County Health Department offer "Freedom from Smoking" support classes. We use proven methods to help you beat nicotine addiction for good. In a seven-week 8 session support group you will learn about nicotine addiction, take the fear out of quitting, learn how to deal with recovery symptoms, and develop a quit smoking plan. In addition, we offer advice on Nicotine Replacement Therapies (NRT's) and medications to help you quit smoking. Lastly, we teach you stress management and coping strategies, all to lead you to permanent healthy lifestyle change. All sessions are conducted by certified American Lung Association facilitators. This program is supported in part by a grant from the Michigan Gateway Community Foundation. To register, please contact Kerri Teachout at (269)

927-5668. Class size is limited to 10 participants.

Another goal of the BCTRC is to establish a tobacco-free lifestyle as the standard for Berrien County residents. This mission is fulfilled by promoting and implementing community policies encouraging smokers to quit, preventing children from initiating tobacco use, and protecting nonsmokers from involuntary exposure to secondhand smoke. The coalition has been



instrumental in passing the Clean Indoor Air regulation requiring that all public and private worksites in Berrien County be safe environments. A smoke-free policy is in use in all enclosed areas, except for bars and restaurants.

The Coalition meets the 2nd Monday of most months from 12:00 – 1:30 pm usually at 2106 M-139, Benton Harbor, MI. If you are interested in joining the Coalition or receiving information gathered at the meetings, please call (269) 927-5622.

Feel free to contact the Coalition by sending an email to the Berrien County Tobacco Reduction Coalition Chair at: palmstead@berriencohlthdept.org. We wish you luck in all your endeavors to lead a healthier, happier life. Check out our website at

www.bctrc.org

Special thanks to Paul Olmstead, for his help with this article!

The Berrien County Health Department has five locations to serve you:

Benton Harbor		Niles		Three Oaks
769 Pipestone	M-139 Office	School Based	1205 N. Front St.	21 N. Elm
P.O. Box 706	2106 S. M-139	870 Colfax Ave	684-2800	756-2008
926-7121	927-5623	925-4500		

Or visit us on the web at www.berriencohlthdept.org

Berrien County Health

Department:
Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



Healthy Hearts Month!

February is Healthy Hearts month. This month, the health department will be bringing you information on Stress and Heart Disease, Heart Smart, Generations with Promise, and Healthy Lifestyles. For questions about any of these topics, please call the health department at **926-7121**.

Quit Smoking Tips:

- Pick a good time to quit, when you're not under a lot of stress.
- Know that most smokers try to quit several times before they really do– don't give up!
- Exercise every day– it will reduce the stress of quitting and make you feel better.
- Talk to friends and family for support
- When you feel a craving, find something else for your mouth and hands to do– eat a healthy snack, brush your teeth, or work around the house
- Even if you use a Nicotine Replacement Therapy to break the physical addiction, you may still need help breaking the psychological habit.
- Join a smoking cessation program such as Freedom From Smoking.



For more information about smoking cessation programs, or to join the Tobacco Reduction Coalition, contact Kerri Teachout at 927-5668 or Paul Olmstead at 927-5630.

This page is sponsored by the Berrien County Health Department

