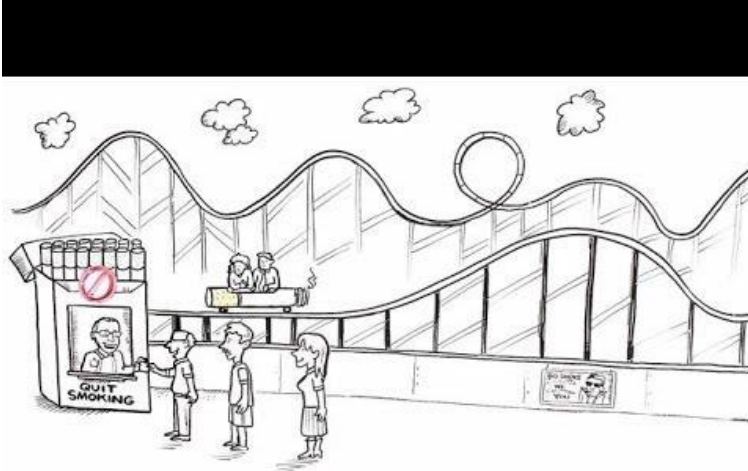


Treating Tobacco Use

Tobacco use remains the single most preventable cause of death in the United States. Cigarette smoking accounts for nearly one-third of all cancer deaths in this country each year. Below are some resources to introduce you to quitting. Keep in mind that *It's Your Life* participants may take advantage of Henry Ford Allegiance Health's Tobacco Treatment program by calling 517-205-7444 for an in-person or phone appointment.

Source: <http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

Quitting Smoking is a Journey video – click on the picture to begin



Published on Jan 21, 2013 - Dr. Mike Evans explores what works and what doesn't work when thinking about quitting smoking. Funding provided by Health Canada (<http://www.hc-sc.gc.ca>) and the Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment - Canadappt

Additional Resources:

Michigan Tobacco Quitline at 1(800)QUIT-NOW (784-8669)

Nicotine Anonymous

1-415-750-0328

www.nicotine-anonymous.org

Smokefree.gov

1-800-QUITNOW

www.smokefree.gov

Become an EX

www.becomeanEX.org

Quitnet

www.quitnet.com