

GEORGE LATIMER, Westchester County Executive

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FOR IMMEDIATE RELEASE

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WESTCHESTER COUNTY PROMOTES GREAT AMERICAN SMOKE OUT

Westchester County Department of Health Promotes Tobacco Cessation

(White Plains, NY) – The Westchester County Department of Health reminds residents that the Great American Smokeout this Thursday, November 17 is a great day to quit smoking or vaping.

More people die from lung cancer than from any other type of cancer, and cigarette smoking is the number one risk factor for lung cancer, according to the Centers for Disease Control and Prevention. This is underscored in November by the American Lung Association during Lung Cancer Awareness Month.

Health Commissioner Sherlita Amler, MD, said: “If you are still smoking or vaping, I encourage you to join the Great American Smokeout and give your lungs a break from smoking. The sooner you quit, the better off your health will be. To stop using tobacco products, make a plan, set a date and tell the people around you so they can be supportive.”

The American Cancer Society has promoted the third Thursday in November as the Great American Smokeout for more than 40 years. Residents can ask their doctor about prescription drugs that can help, along with nicotine replacement therapy. They can join a support group and attend meetings in person or by phone.

Help is available:

- NY Smoker’s Quit Line – 1-866-697-8487
- Centers for Disease Control - 1-800-QUIT-NOW
- American Cancer Society support groups - 1-800-277-2345
- American Lung Association – to find a clinic near you, call 1-800-LUNGUSA
- Nicotine-anonymous.org for telephone meetings

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