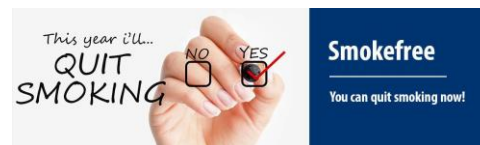


## ***Help to Quit Smoking: Available Resources***

Inhaling cigarettes can lead to chronic illness, cancer, and even death. The New Year is an opportune time to give up unhealthy habits like cigarettes, hookah and other tobacco products. Many people find quitting a big challenge

because the Nicotine in tobacco is highly-addictive. But, there are many resources available for those who need a helping hand. The *Arab Community Center for Economic and Social Services (ACCESS)* is encouraging everyone to at least try to kick the habit, and take advantage of the many available help resources, such as:



1. ***The Michigan Department of Community Health Tobacco Quitline, 800-784-8669*** provides free telephone coaching for the uninsured and those with Medicaid and Medicare. It provides free nicotine replacement medications for those who qualify. The Quitline includes extra help for pregnant women. Information on quitting smoking is available through MDCH at [www.michigan.gov/tobacco/](http://www.michigan.gov/tobacco/)
2. [www.BecomeAnEX.org/](http://www.BecomeAnEX.org/) is a free, interactive website that educates smokers on how to re-learn life without cigarettes. The site, developed by the American Legacy Foundation in partnership with Mayo Clinic, offers a free, personalized quit plan and an online support community.
3. ***The American Cancer Society*** also offers tools to help with quitting. For more information contact the ***American Cancer Society*** at 800-227-2345.
4. [www.smokefree.gov/](http://www.smokefree.gov/) is another free website that provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.
5. ***Quit Tobacco: Make Everyone Proud*** is a resource available at [www.ucanquit2.org/](http://www.ucanquit2.org/), a Department of Defense-sponsored Web site for military personnel and their families.
6. ***CDC's Smoking and Tobacco Use*** website <http://www.cdc.gov/tobacco/> also includes tips on how to quit smoking.

Currently, about 20 percent of Michigan residents are smokers, according to the Centers for Disease Control. About 10 percent of smokers are ages 12 to 17. It is estimated that tobacco kills more residents than AIDS, alcohol, auto accidents, drug overdoses, murders, and suicides combined. Those who aren't sure where to come for help can contact ACCESS Public Health Coordinator Corey Beckwith:

Phone: 313-216-2208,

Email: [orcbeckwith@accesscommunity.org](mailto:orcbeckwith@accesscommunity.org)

- By Jodi Rempala, Press & Guide