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HEALTH
DEPARTMENT
of Northwest Michigan

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Health Department to observe Great American Smokeout on November 20

CHARLEVOIX – The human body begins to repair itself the moment one quits smoking. In just twenty minutes, blood pressure and pulse return to normal; within 48 hours, nerve endings begin to regenerate. In as little as five years, those who successfully quit could see their stroke risk diminish to that of a nonsmoker.

On November 20, the Health Department of Northwest Michigan encourages local residents to quit smoking during the Great American Smokeout. The American Cancer Society observes this nationwide event annually, hoping to inspire smokers to quit and begin enjoying a healthier, tobacco-free lifestyle.

“Quitting now is good for your body and for all the people around you as well,” said Susan Pulaski, Community Health Coordinator at Health Department of Northwest Michigan. To successfully kick the habit, smokers are reminded to set a specific quit date, share plans with family and friends, anticipate challenges, remove temptations, and speak with their doctors about options.

Residents in Northern Michigan can find smoking cessation assistance at various locations:

- McLaren Health Care runs tobacco cessation programs throughout the year at its Petoskey and Cheboygan locations. For schedules, visit www.mclaren.org.
- Charlevoix Area Hospital offers a Freedom From Smoking Clinic. Visit www.cah.org.
- Visit the Health Department of Northwest Michigan online at www.nwhealth.org/tobacco.
- Michigan Department of Community Health’s Quitline can be reached at 1-800-QUIT-Now or visit <http://www.michigan.gov/mdch> for further resources.
- Learn about useful applications available for smartphone users at <http://smokefree.gov/apps-quitstart>.
- For more information about the Great American Smokeout program, visit www.cancer.org.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties.