



**FOR IMMEDIATE RELEASE:**  
December 29, 2014

**CONTACT:**  
Dan Reynolds  
(231) 547-7629  
d.reynolds@nwhealth.org



**HEALTH**  
**DEPARTMENT**  
of Northwest Michigan

[www.nwhealth.org](http://www.nwhealth.org)

### **Make a fresh start in 2015 by quitting tobacco**

CHARLEVOIX – The New Year approaches, and with it comes a fresh start. There is no better time for new hopes and new goals. Unsurprisingly, New Year’s Day is the most popular day for giving up unhealthy habits. Each year, many people make a New Year’s resolution to quit using tobacco, resulting in improved health and decreased expenses.

"The holidays can be a stressful time, but smoking doesn't have to be a part of them," said Susan Pulaski, Community Health Coordinator at Health Department of Northwest Michigan. "Using available resources can help people make 2015 tobacco-free, yielding a lifetime of health benefits."

According to the American Cancer Society, the benefits of quitting smoking are immediate. Blood pressure drops within 20 minutes of quitting, and, within 24 hours, a person’s chance of heart attack decreases. The benefits continue for years, including reduced risk of lung cancer, stroke, and heart disease.

Quitting tobacco can be challenging because nicotine is a highly addictive drug, but there are resources and tools available to help tobacco users succeed in quitting. Planning ahead, seeking support from friends and family, and talking to a health care provider can all increase the likelihood of quitting successfully. Several resources are available to Northwest Michigan:

- The Michigan Department of Community Health Quitline can be reached at (800)QUIT-Now, or visit <http://www.michigan.gov/mdch> for further resources.
- Visit the Health Department of Northwest Michigan online at [www.nwhealth.org/tobacco](http://www.nwhealth.org/tobacco) for help in quitting tobacco.
- McLaren Northern Michigan and Charlevoix Area Hospital both offer tobacco cessation programs. For more information, visit [www.northernhealth.org](http://www.northernhealth.org) and [www.cah.org](http://www.cah.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.