

Media Release

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Quitting Smoking?...What's your motivation?

Every year the new start means taking on new challenges....

Why not try to stay on track with the "I am going to quit smoking this year". New Year's resolutions come and go. The intentions are good but something is missing. **Only you can come up with the motivation and reasons to quit.** You want to be around for the birth of a grandchild; you're tired of being out of breath going up one flight of stairs; you want to set a good example for your children; you plan on starting a family or you're in a new relationship. **Whatever your motivation, there is support out there for you.**

- **Talk to your Health Care professionals**, your doctor, a nurse practitioner, a pharmacist, your dentist or dental hygienist. They can talk to you about the health effects, medications or nicotine replacement.
- **Make a plan and set a quit date.** The New Year is always a good time but also a stressful time, wait a few weeks to be back into a routine and see what small changes you can make to help you. Start by making your house and car smoke-free or trying to cut down.
- **Get some help**, you don't smoke alone so don't quit alone. Ask someone to support you. At work or at home you have people who would be happy to spend time with you and distract you while finding other activities to pass the time when cravings strike.

Need some extra motivation? Challenge yourself or a friend. Take the Driven to Quit Challenge. Register before February 28th 2010 through our website at www.healthunit.org or the Challenge website at www.driventoquit.ca and quit for the entire month of March to be eligible for some great prizes. (Register before January 31st and you could win additional prizes). Maybe some lucky local resident will be driving around in a 2010 Ford Escape Hybrid. **Already quit since January 1st 2010?** This may just be what you need to keep your resolve when faced with cravings.

The Driven to Quit Challenge is promoted by the Canadian Cancer Society, with support from the Ministry of Health Promotion and your local Public Health Units. Prizes for the 2010 Challenge are provided by McNeil Consumer Healthcare.

For more information about quitting smoking, contact the Leeds Grenville and Lanark District Health Unit at 1-800-660-5853 or 613-345-5685 or visit our website at www.healthunit.org.

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