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Rochester General Hospital Edition

OCTOBER 2006

SMOKING CESSATION

More than 50 million or 22% of American adults smoke and nearly 7 million more use smokeless tobacco. Nicotine meets the criteria of a highly addictive drug. According to the CDC, tobacco kills more than 440,000 people each year. Tobacco use is the leading cause of preventable morbidity and mortality in the United States.

Smokers who quit by age 35 avoid 90% of the risk due to tobacco use. Even smokers who quit smoking after age 50 substantially reduce their risk of dying early. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any Library staff member.

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Remember: RGH campus goes smoke free on November 16th!

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Smoking cessation classes & information @ our Wellness Information Center (922-5592), or by calling 922-LINK. Begin today and get healthy!



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