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Let's Take Back Our Health By Going Tobacco Free

This men's health month, take back your health by going tobacco free. Tobacco use is the leading cause of preventable death and as such, the best thing a man can do for his health is quit tobacco. A year after quitting tobacco your risk of heart disease is cut in half so there is no better time to quit than now.

All types of tobacco are bad for your health and usage is higher among men than women. It's important to remember that being tobacco free doesn't just mean quitting cigarettes. It means quitting all types of tobacco including smokeless tobacco such as dip or chew. In addition, it's important to remember that vapor products are not an FDA approved substitute or method for quitting tobacco. Furthermore, smoking around your family and friends exposes them to secondhand smoke, which kills over 50,000 people per year in the United States. Going outside to smoke still leaves dangerous residue on your clothing, called thirdhand smoke.

The tobacco industry targets men by portraying smoking and tobacco use as a manly habit. In reality, tobacco use causes premature death. The tobacco industry is especially trying to target the young adult male population. This group is very profitable for the industry as these young men are the cool older brothers to their younger siblings. This is an indirect way that the industry can create replacement smokers for the future.

The Wellness Now Tobacco Use Prevention workgroup at OKC-County Health Department encourages all Oklahomans who want to quit to utilize the **Oklahoma Tobacco Helpline** by calling 1-800-QUIT-NOW (1-800-784-8669).

For Spanish, call 1-855-DEJELO-YA (1-855-335-3569). The Helpline is available 24 hours a day or online at **www.OKhelpline.com**. Registration and support is free for both services and a free two-week starter kit of nicotine patches, gums or lozenges is available.

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