



Quitting Tobacco Makes Lasting and Loving Mother's Day Gift

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Oklahoma Tobacco Helpline Offers Resources to Help Quit for Good

POTEAU - Mother's Day is a day of expressing even more appreciation and gratitude than usual for mothers everywhere, especially our own and those of our children and grandchildren.

Few gifts can last longer or prove more meaningful than giving up tobacco. Doing so is a loving and potentially life-saving act for both mothers and their loved ones who use tobacco, because approximately 6,200 Oklahoma residents die each year from tobacco-related illnesses.

Tobacco also can be harmful – even deadly – for non-smokers. About 700 Oklahomans die each year from the effects of secondhand smoke, according to the Oklahoma State Health Department. Secondhand smoke also leads to between 150,000 and 300,000 cases of lower respiratory infections each year among infants age 18 months and younger, and it increases their risk of sudden infant death syndrome (SIDS) or developing asthma, pneumonia, bronchitis and ear infections.

Thus, tobacco use and the tobacco industry that spends billions of dollars to promote it exact a toll on our state, in our communities and within many of our families.

Doris Armstrong, Tobacco-free LeFlore County Chairperson, states, "Stopping smoking now better your chances of celebrating many more Mother's Days with your loved ones.

The Oklahoma Tobacco Helpline (1-800-QUIT-NOW or 1-800-784-8669) can be a valuable resource for mothers or their loved ones who are ready to quit tobacco. The Helpline offers free coaching in tandem with a free patches, gum or lozenges for those who qualify. Last year, nearly 40,000 Oklahomans called the helpline for assistance.

Information on tobacco also can be found online at StopsWithMe.com. To learn more about local events and policies, contact BJ Barnes, Coordinator, Tobacco-free LeFlore County, (918) 647-4196.

About Tobacco-free LeFlore County

Tobacco-free LeFlore County is a Communities of Excellence in Tobacco Control grantee of the Oklahoma Tobacco Settlement Endowment Trust serving LeFlore to promote tobacco cessation and prevention. Tobacco-free LeFlore County is a program of the LeFlore County Coalition for Healthy Living and LeFlore County Youth Services, Inc. For more information about Tobacco-free LeFlore County contact BJ Barnes at (918) 647-4196.

