



Kick Butts Day

Today, Wednesday March 20, is Kick Butts Day, a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Tobacco use is the leading cause of preventable death in the United States, imposing a terrible toll in health, lives and dollars on families, businesses and government. Tobacco kills more than 400,000 people annually - more than AIDS, alcohol, car accidents, illegal drugs, murders and suicides combined. Tobacco costs the U.S. more than \$96 billion in health care expenditures and \$97 billion in lost productivity each year. One in five Americans still smokes, and about 4,000 kids try their first cigarette each day. For more information, visit www.kickbuttsday.org.

Is someone you know or love still smoking? Here are some of the facts...

- Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer.
- Smoking is directly responsible for approximately 90 percent of lung cancer deaths.
- The list of diseases caused by smoking includes: chronic obstructive pulmonary disease, heart disease, stroke, leukemia, cataract, pneumonia, and bladder, esophageal, laryngeal, lung, oral, throat, cervical, kidney, stomach, and pancreatic cancers.
- Smokers die significantly earlier than nonsmokers: 13.2 years for men and 14.5 years for women.

The Howard County Health Department can help! A new Tobacco Cessation Class begins on the first Wednesday of each month and is held for four (4) consecutive Wednesdays for 1 hour and 15 minutes (morning and evening classes are available). Medication and physician evaluation are dispensed as needed. An optional 15 minute breathing and relaxation segment is offered at the end of each class.

Classes are **FREE** to all who live or work in Howard County! Call 410-313-6265 for more information.

El Departamento de Salud del Condado de Howard está ofreciendo clases para "Dejar de Fumar" que se iniciarán el primer miércoles de cada mes y se llevarán a cabo en ciclos de 4 miércoles consecutivos, la duración de la clase es de 1 hora y 15 minutos. La clase de la mañana será en el horario de las 11:30 am y en la tarde a las 6:30 pm. Al final de cada clase, en los últimos 15 minutos, se ofrecerá un segmento (opcional) de ejercicios de respiración profunda y relajación. Se realizará evaluación médica y dispensará medicinas según sea necesario. La próxima sesión comienza el miércoles, 3 de abril del 2013

Las clases son GRATIS para todas las personas que viven o trabajan en el Condado de Howard! Llame al 410-313-6265 para obtener más información.

1-800-QUIT-NOW, Maryland's **free** tobacco quit line is another alternative to help residents quit smoking.

For information on their evidence-based youth cessation program, counseling program for pregnant women and text and web services support, visit www.smokingstopshere.com and click on services.

Cancer Prevention Study

Howard County residents will have the opportunity to join nearly 150,000 Americans who have signed up for a Cancer Prevention Study-3 (CPS-3). The study will help researchers better understand the lifestyle, environmental and genetic factors that cause or prevent cancer. For more information, please call 410-933-5157.

HC DrugFree Calendar of Events

HoCo FilmFest including HC DrugFree category winners
Join HC DrugFree at the HoCo FilmFest to see all winning films.
Friday, March 22, 7:30 PM, Johns Hopkins Applied Physics Lab

RHHStival with HC DrugFree message between performances
Saturday, March 23, 6:00 PM, River Hill High School

What Parents Need to KNOW (drug and alcohol trends, tips and more for parents)
Tuesday, March 26, 7:00 PM, Oakland Mills High School

Teen Advisory Council Mtg.
Monday, April 8, 5:30-6:30 PM, The Barn in Oakland Mills

Senior Week - Staying Safe in Ocean City
Monday, April 8, 7:00 PM, Mt. Hebron High School Auditorium

For more information about HC DrugFree or to submit anonymous questions for HC DrugFree's newsletter, please contact:

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If you like our work and want your name listed on our website to show your support to our funders and the community, please consider making a donation of any amount and becoming a Friend of HC DrugFree. Visit www.hcdrugfree.org and click on Donate for more information.



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