



**RESPIRATORY
HEALTH
ASSOCIATIONSM**
of Metropolitan Chicago

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**Respiratory Health Association of Metropolitan Chicago announces resources
to help people stop smoking in the new year**

Research shows that about 70% of current smokers say that they want to quit¹, and Respiratory Health Association of Metropolitan Chicago is dedicated to providing individual and group cessation counseling to help smokers quit successfully:

Courage to Quit is a six-session group program for adults interested in quitting smoking. The next class will begin Monday, January 25 at 4:30 p.m. at 1440 W. Washington Blvd., Chicago. Each session includes information, practice skills and support for participants to reach their smoke-free goal.

Healthy Lungs Initiative is a collaborative project with the Cook County Health and Hospital System that offers one-on-one counseling to help smokers quit.

“People who want to quit smoking need to know they’re not alone,” says Stacy Ignoffo, senior director of programs and professional services at Respiratory Health Association. “With so many programs and therapies out there, no one should feel defeated by their addiction.” Free resources include: Respiratory Health Association of Metropolitan Chicago (www.lungchicago.org) and Cook County Quit Net (www.cookcounty.quitnet.com).

Ignoffo points out that most people have to try multiple times to quit, and she encourages smokers who have tried unsuccessfully in the past: “Don’t be discouraged! Talk with a tobacco cessation counselor or physician to determine a quit method that may be better for you, and try again.”

According to the Centers for Disease Control and prevention, cigarette smoke contains at least 250 chemicals known to be toxic or cancer-causing². The benefits of cessation are immediate and long-lasting, including a lowered risk for developing lung and other types of cancer, lowered risk of developing chronic obstructive pulmonary disease (COPD), heart disease or stroke, and reduction of respiratory symptoms such as coughing, wheezing and shortness of breath.

For more information on smoking cessation programs and resources, contact Mamta Gakhar at Respiratory Health Association: (312) 229-6186 or mgakhar@lungchicago.org.

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Sources:

¹Centers for Disease Control and Prevention. [Cigarette Smoking Among Adults—United States, 2000](#). Morbidity and Mortality Weekly Report [serial online] 2002;51(29):642–645.

² National Toxicology Program. [Report on Carcinogens, Eleventh Edition](#). Research Triangle Park (NC): U.S. Department of Health and Human Sciences, National Institute of Environmental Health Sciences, National Toxicology Program, 2005.

Respiratory Health Association of Metropolitan Chicago (RHAMC) has been a local public health leader since 1906. Today, the association fights lung disease and promotes healthy lungs by supporting research, advocacy and educational efforts on behalf of individuals and families affected by lung cancer, asthma, chronic bronchitis and emphysema (COPD) and other lung diseases. For more information, visit www.lungchicago.org.

SMWENZ

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Lung Health Since 1906**

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