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Arkansans Encouraged to Quit Tobacco For Lent

CITY, State. (Month, Date, Year) – Lent will be observed on (Day, Date, Year) a holiday known worldwide where observers abstain from unhealthy habits and addictions for 40 days. Stamp Out Smoking is encouraging all tobacco users to quit tobacco for the 40-day duration, in hopes to quit the addiction for good. The Arkansas Tobacco Quitline has made it easier for tobacco users to maintain their goals by providing free medication and cessation counseling to help them remain tobacco free.

While those who observe Lent may choose to give up red meat, tempting sweets or alcoholic beverages, SOS asks Arkansans to give up any form of tobacco. According to the 2010 Surgeon General’s Report, tobacco use remains the leading preventable cause of premature death in the United States.

“Those who quit tobacco for 40 days, or Lent, will see what positive results can come from being tobacco free,” said Name, Title of Organization. “There is proven data that they will save more money, lead healthier lives and live longer. Not only will a smoker benefit, but so will their families and children who are involuntarily exposed to secondhand smoke.”

Smoking and smokeless tobacco use are both known causes of cancer. While the health effects may slightly differ, overall tobacco use causes more than 5 million deaths worldwide per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030, according to the Centers for Disease Control and Prevention.

Tobacco users who want to quit should call the Quitline at 1-800-QUIT-NOW. The Quitline is a free service to Arkansans that is available seven days a week 24 hours a day, and services are available in English, Spanish, Marshallese and more than 160 other languages.

(A word about the organization)

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