



FOR IMMEDIATE RELEASE

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VA Western New York Healthcare System Offers Smoking Cessation Programs

On Thursday, November 15, VA Western New York Healthcare System, 3495 Bailey Avenue, marks the Great American Smokeout by providing information on tobacco use cessation. An information table will be set up for the day with VA resources, and tips to quit. Health coaches will be on site from 7:30 to 9:30 a.m. and 11:30 a.m. to 1:30 p.m. to help Veterans develop a commitment to quit, and personal readings will be taken to determine the level of carbon monoxide in the bloodstream.

Smoking is the leading preventable cause of premature death and a leading cause of illness and mortality. Smoking and tobacco use cessation persists as one of the VA's biggest public health challenges. Many Veterans began using tobacco while in the military. The rate of smoking among Veterans in the VA health care system is higher than among the U.S. population.

Approximately 70 percent of all smokers say they want to quit, but even the most motivated may try to quit five or six times before they are able to quit. Over 3 million Americans successfully quit smoking every year.

To help Veterans quit smoking and tobacco use, VA offers:

- Screening for tobacco use during primary care visits
- Individual counseling
- Prescriptions for nicotine replacement therapy, such as a nicotine patch or gum, or other medications
- Participation in evidence-based smoking cessation programs

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