



News from the Office of
ERIE COUNTY EXECUTIVE MARK POLONCARZ

NEWS RELEASE

Health Commissioner Dr. Gale Burstein

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Tips for Quitting Smoking: Ask your Doctor

CDC's Ad Campaign Encourages Smokers to Seek Help from Their Physicians

ERIE COUNTY, NY— The Erie County Department of Health (“ECDOH”) supports the Centers for Disease Control and Preventions’ (CDC) ad campaign targeted for release this week, designed to encourage smokers to get help quitting from their physicians.

“We can never stress enough the importance of smoking cessation,” **said Erie County Health Commissioner Dr. Gale Burstein.** “There are many resources available to help quit smoking, and speaking with your primary care physician is a great place to start.”

Because a doctor’s advice and assistance more than doubles the odds that a smoker will quit successfully, the Centers for Disease Control and Prevention is partnering with five national physician groups on the new “Talk With Your Doctor” campaign to encourage smokers to ask a doctor for help. The campaign also encourages clinicians to ask patients if they smoke and offer assistance in helping them to quit. Almost 70 percent of all smokers say they want to quit, according to the National Health Interview Survey

Through partnerships, doctors will be offered training on tobacco interventions, and will receive information about the campaign through academic journals, newsletters, and digital communications. These partners include the American Medical Association, the American Academy of Family Physicians, the American Academy of Pediatrics, the American College of Physicians, and the American Congress of Obstetricians and Gynecologists.

It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Pick up the phone and call: New York State Smokers' Quitline 1-866-NYQUITS (1-866-697-8487)

For additional information on Quitting Smoking:

Erie County Department of Health

<http://www.erie.gov/health/index.php?q=smoking>

New York State Smoker's Quitline

<http://www.nysmokefree.com>

Center for Disease Control and Prevention

http://www.cdc.gov/tobacco/quit_smoking/index.htm