



Jackson Tobacco Reduction Coalition

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For Immediate Release

February is American Heart Month

February is American Heart Month and includes the celebration of Valentine's Day. These national observances present a great opportunity to celebrate love and to focus on heart health. Staying active, eating healthy, and living a tobacco-free life help to keep the heart healthy.

According to the Centers for Disease Control and Prevention, it is important to know your risk for heart disease and stroke. Taking action to reduce your risk can start with the ABCS of heart health:

- **Aspirin:** Aspirin may help reduce your risk for heart disease and stroke. But do not take aspirin if you think you are having a stroke. It can make some types of stroke worse. Before taking aspirin, talk to your doctor about whether aspirin is right for you.
- **Blood pressure:** Control your blood pressure.
- **Cholesterol:** Manage your cholesterol.
- **Smoking:** Quit smoking, or don't start.

Smoking cigarettes is a major cause of heart disease and stroke, causing 1 out of every 3 deaths from cardiovascular disease, and secondhand smoke exposure causes heart attack and stroke in nonsmokers.

"During February, we want to remind people that there are tools available to help with quitting smoking," stated Richard Thoun, Jackson County Health Officer. People on Medicaid can get any of the 7 quit smoking medications at no cost by visiting their health care provider and getting a prescription. "Talk to your health care provider or call the Michigan Tobacco Quitline today. Quitting tobacco use is the single best thing you can do for your health."

The Michigan Tobacco Quitline is an evidence-based service that continues to provide free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians, and free nicotine replacement therapy to those who qualify. The Quitline provides services that include self help materials, text messaging, and referrals to local resources for all Michigan residents. New this year is an online, interactive coaching program option. The same program that is available on the phone can now be done online with the Quitline's specially trained web coaches.

Providers can refer their patients and clients to the Quitline, and individual tobacco users can contact the Quitline directly at 1-800-784-8669, or enroll online at <https://michigan.quitlogix.org/>. Additional information, including a fax referral form for providers, is available at the website. Staff

"Working Towards A Tobacco Free Jackson County"

and providers in all health care settings can refer patients and clients to the Michigan Tobacco Quitline.

Henry Ford Allegiance Health Tobacco Treatment Services provide individual counseling sessions by a Certified Tobacco Treatment Specialist. Call (517) 205-7444 for more information or to schedule an appointment. Lifeways Community Mental Health provides a Tobacco and You: Learn How to Quit Smoking Class on Thursdays from 1:00 p.m. – 2:00 p.m. To sign up for the class or talk to the instructor call (517) 780-3380. For more information, please contact the Jackson Tobacco Reduction Coalition at (517) 768-2131.

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