

Great American Smokeout – Nov. 18

The National Great American Smokeout, which asks smokers to give up tobacco for 24 hours in hopes that they will quit for good, is Nov. 18.

Smoking cigarettes remains the No. 1 preventable cause of premature disease and death in the United States, according the Centers for Disease Control and Prevention. An estimated 21 percent of Americans and 14 percent of Californians are smokers.

The Great American Smokeout is a national event sponsored by the American Cancer Society, traditionally on the third Thursday in November each year.

Resources include calling 800-NO-BUTTS or going to www.californiasmokershelpline.org. The American Cancer Society also has stop smoking resources on their website at www.cancer.org.