

# LINCOLN COUNTY HOSPITAL HEALTH BEAT

## **NOVEMBER 20TH IS THE GREAT AMERICAN SMOKEOUT**

Smoking, on average, reduces life expectancy by approximately 14 years. Smokers who quit before the age of 50 cut their risk of dying in the next 15 years in half compared with those who continued smoking. Thirty percent of all cancer deaths and 87 percent of lung cancer can be attributed to smoking. Lung cancer is the leading cause of cancer-related death for men and women. Take the challenge and quit smoking on November 20th. If you need additional support and guidance on the best ways to quit, see your Family Doctor.

Lincoln County Hospital  
“Neighbors Helping Neighbors”