



More information and resources are available at www.michiganDO.com.

Office Phone: _____

Physician: _____

Comments of the Michigan Osteopathic Association and your osteopathic physician.

SMOKE-FREE LIVING

YOU AND YOUR HEALTH

Preventive medicine is an important part of the care your osteopathic physician provides, but **YOU** are the most important person when it comes to your health. The lifestyle choices you make could have more impact on your health than other contributing factors, such as genetics, the environment or health care.



Smoke-Free Living

Smoking is the leading preventable cause of death in the United States and secondhand smoke is the third. In Michigan, 14,500 adult smokers die each year as a result of their own smoking. Between 1,340 and 2,390 adults, children and babies die each year from exposure to others' smoking.

If you are a smoker, there is no better time than the present to quit! Organizations such as the American Cancer Society have resources and programs to help. If you are a non-smoker, there are several actions you can take to try avoid secondhand smoke:

- Avoid public places where people are smoking.
- Try to select “nonsmoking” options that are available in restaurants, hotels and other establishments. Most states have smoke-free websites with non-smoking establishment listings.
- If a restaurant puts you near smokers, ask to be moved.
- If smokers do not obey nonsmoking rules, politely ask that they not smoke around you.
- Do not allow people to smoke around your children.
- Do not allow people to smoke in your home.

If you live with smokers, encourage them to quit. Your lack of toleration when it comes to secondhand smoke might help reinforce their need to quit!

**S M O K E - F R E E
L I V I N G**