

# National Non-Smoking Week



**PUBLICATION DATE:** Monday, January 16  
**GET INVOLVED BY:** Monday, November 21  
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Tobacco use is the leading preventable cause of premature death and disease in Canada, contributing to approximately 48,000 deaths each year. National Non-Smoking Week presents a chance to raise awareness of the impact of smoking tobacco as well as highlight the organizations, initiatives and resources that are improving outcomes.

- Proposed topic highlights:**
- RAISING AWARENESS** – Leadership in outreach and education about detrimental health impacts.
  - RESEARCH & INNOVATION** – New findings, methods and programs making a difference.
  - RESOURCES & SUPPORT** – Experts weigh in with advice and programs for smoking prevention and cessation.
  - CANCER RISK** – Strategies for preventing cancer caused by smoking.

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### National Non-smoking Week

This January 17 to 23, dental hygienists call out the risks associated with tobacco use and offer support for Canadians ready to give up their habit.

**1** They often come back to him for advice on quitting. David, a dental hygienist in Ontario, says he's seen many people who don't realize the damage and health risks of smoking. "It's not just a bad habit, it's a health risk," he says. "I've had clients who tried four or five times before they were able to quit for good. A health-care professional like your dental hygienist can provide the incentive and guidance to help you get started."

**David Wells**  
Dental Hygienist, Canadian Dental Hygienists Association

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"It can take a few days to kick the habit, but it's worth it," he says. "I've had clients who tried four or five times before they were able to quit for good. A health-care professional like your dental hygienist can provide the incentive and guidance to help you get started."

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**HEALTHY MINDS - HEALTHY BODY**

David Wells and his colleagues are part of a new program called "Healthy Minds, Healthy Bodies" that aims to connect people with mental health resources and support. "We're not just talking about the physical health benefits of quitting, but also the mental health benefits," he says. "We're providing people with the tools and resources they need to take control of their health and well-being."

**2** "About 38 per cent of Canadians are current smokers, and there are many who don't realize the damage and health risks of smoking," says Dr. Wells. "We need to raise awareness of the risks and the health benefits of quitting. We need to provide people with the tools and resources they need to take control of their health and well-being."

**3** "We need to raise awareness of the risks and the health benefits of quitting. We need to provide people with the tools and resources they need to take control of their health and well-being."

**DID YOU KNOW?**

- 1 cigarette = 1.5 mg nicotine
- 1 pack-a-day = 20 cigarettes (1 pack)
- 1 year quit = 10 years off life expectancy