



August 26: Heed This Advice This Women's Equality Day, Says Smoke Free Society

Smoke Free Society Offers an Important, Lifesaving Message for Women

For Immediate Release

PALM BEACH GARDENS, Fla./EWorldWire/Aug. 21, 2006 --- As the nation celebrates the 86th anniversary of granting women the right to vote this Women's Equality Day, August 26, Smoke Free Society is asking women who smoke to quit for a healthier future and to be more alert to their secondhand smoke effects on others. The national, non-profit organization provides several free ways to help smokers quit as well as offers free eCards for individuals to send to their loved ones to pledge their love, support and involvement in helping them quit smoking. Smoke Free Society also offers a free online download of its "Proven Stop Smoking Technique" to help smokers correctly and effectively quit in just 17 days without any substance or drug. Individuals should go to www.SmokeFreeSociety.org for the free download, eCards and other lifesaving information.

"Everyone knows smoking is bad for them and 70 percent, or 32 million of all American smokers, want to quit on any given day. Unfortunately, many don't stop before it's too late and they are diagnosed with lung cancer," said Linda Seyedin, Founder of Smoke Free Society. Women should take the adverse consequences of smoking very seriously. Ninety percent of female lung cancer deaths are caused by smoking. "With more and more women smoking worldwide and the rate expecting to increase from 12 percent to 20 percent by 2025, and with teenage girls smoking about the same rate as teenage boys now, we all must get involved to help educate our children and loved ones on the deadly effects smoking has on their health and wealth," she continued.

Lung cancer is something everyone should be concerned about. Non-smokers who reside with a smoker have a 24 percent increase in risk for developing lung cancer when compared with other non-smokers. Each year, up to 3,000 lung cancer deaths are estimated to occur in the U.S. that are attributable to passive smoking.

According to Katherine Hammond, Ph.D., University of California at Berkeley's School of Public Health, non-smokers receive the following equivalents of cigarette smoking:

- In the non-smoking section of a restaurant = 1.5 cigarettes
- In a pack-a-day smoker's home = 3 cigarettes
- In a smoky bar for two hours = 4 cigarettes
- Riding in a car one hour with a smoker = 4 cigarettes

Smoke Free Society is a not-for-profit organization solely dedicated to providing information and techniques to help smokers quit smoking, educating children to prevent them from starting to smoke or use tobacco, and uniting the community to promote a healthy, tobacco-free lifestyle. Its Web site is a portal to an array of information on the adverse effects of smoking and the benefits of quitting. Smoke Free Society offers a variety of quit smoking seminars, plans and programs. Visit the Web site at www.SmokeFreeSociety.org today.

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