



DEPARTMENT OF HEALTH

News Release

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TEN WAYS TO HELP DAD QUIT SMOKING

HONOLULU – Every year 800 men in Hawaii die of tobacco-related illnesses...many of whom are dads.

If your dad smokes, consider showing your love and appreciation for him this Father's Day by encouraging him to enjoy a healthy, tobacco-free lifestyle.

Here are 10 things you can do to help your dad quit smoking:

1. Tell dad you love him, and want him to quit smoking so he can live long enough to see you grow up and enjoy his grandchildren and possibly great-grandchildren.
2. Tell dad he's your hero and that you want to be just like him, but a non-smoker.
3. Tell dad that you and the whole family will support his decision to quit smoking.
4. Tell dad that you don't like hearing him coughing and smelling like an ashtray.
5. Tell dad that secondhand smoke harms those around him, including you and the rest of the family.
6. Encourage your dad to set a quit date, and stick to it.
7. Encourage your dad to consult with his physician about the latest approaches to overcoming a tobacco addiction.
8. Remind dad that smoking is expensive. A pack a day for \$4 ends up costing \$1,450 a year. The money he could save by quitting smoking could be used to take the family on a vacation.
9. Remind your dad that his sense of taste will be enhanced and he will enjoy his food more if he quits smoking.
10. Call the Department of Health at 586-4613 for a list of self-help resources.

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