

For Immediate Release

Huntsville Memorial hosts FREE smoking cessation hypnosis event Hypnosis being offered to those wanting to quit, event supports Great American Smokeout,

HUNTSVILLE, TEXAS (Nov. 9, 2009) – Huntsville Memorial Hospital will host a FREE smoking-cessation hypnosis event at 6:30 p.m. on Tuesday, November 17 in the HMH conference room. This event is being held in conjunction with the American Cancer Society's Great American Smokeout, celebrating its 34th year on November 19. Stan and Connie Ferguson, owners of Hypnosis of Huntsville, will conduct the hypnosis.

According to the <u>American Cancer Society's</u> Web site, research shows that people who stop smoking before age 50 can cut their risk of dying in the next 15 years in half compared with those who continue to smoke. Smokers who quit also reduce their risk of lung cancer – ten years after quitting, the lung cancer death rate is about half that of a continuing smoker's. Some of the health effects of quitting are almost instant, too – heart rate and blood pressure drop 20 minutes after quitting.

"The unfortunate truth is that we can't always change our environment," said Stan Ferguson, coowner of Hypnosis of Huntsville. "However, we can change our mind set, thus helping individuals deal with stress, anxiety, negative thinking, etc. Many of these emotions have kept people from succeeding and in some cases lead them to engage in habits that are unnecessary and unhealthy. Hypnosis can help people make positive changes in their lives. It is easy and simple for participants to relax while a certified hypnotist is verbally guiding them to the appropriate state of relaxation for maximum results."

According to www.hypnosisofhuntsville.com, Hypnosis is an education-communication process that allows the conscious and subconscious mind to believe the same thing. Hypnosis is a state of mind in which the subject moves from the beta brain wave level (your wide-awake state) into the alpha, theta, or delta brain wave levels (a more relaxed state of consciousness). When you leave the beta brain wave level, your subconscious mind becomes 100 to 300 times more suggestible. The subconscious mind controls 95% to 99% of all mental abilities, and it controls the physical functions of every part of the body. For more information about hypnosis, visit www.hypnosisofhuntsville.com.

According to www.cancer.org, the Great American Smokeout encourages smokers to make a plan to quit on November 19, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Researchers say that quitting smoking can increase life expectancy – smokers who quit at age 35 gain an average of eight years of life expectancy; those who quit at age 55 gain about five years; and even long term smokers who quit at 65 gain three years.

Important facts about tobacco use:

- Tobacco use remains the single largest preventable cause of disease and premature death in the U.S.
- Cigarette smoking accounts for about 443,000 premature deaths including 49,400 in nonsmokers.
- Thirty percent of cancer deaths, including 87 percent of lung cancer deaths, can be attributed to tobacco.
- Smoking also accounts for \$193 billion in health care expenditures and productivity losses.
- Great progress is being made in reducing tobacco use in the U.S., with adult smoking rates in 2007 declining among all adults to 19.8 percent.

This event is part of Huntsville Memorial's ongoing commitment to the community to provide the latest information on health issues with a practical, caring approach. It is HMH's goal to better inform individuals on how to lead healthier lifestyles. To make reservations for this FREE HMH event or for more information, call 936-291-4599.

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About Huntsville Memorial Hospital

Since 1927, Huntsville Memorial Hospital has provided benevolent and charitable health care services, setting the standard for quality, proficient health care for the residents of Walker County and the surrounding communities. At Huntsville Memorial, we have great people who are passionate about your health. We have outstanding physicians, motivated leadership, and compassionate staff. We are your friends and neighbors – dedicated to excellence in everything we do – right here at home.

Media Contact

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