

Great American Smokeout to have Dr. Jussuf Kaifi, a University Of Missouri Surgeon in Attendance

CDC's Approach is at Ellis Fischel Cancer Center This Year



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"The Great American Smokeout is a day set aside on the third Thursday of November to encourage smokers to give up the habit for good."

Smoking is one of the leading causes of preventable deaths in our great country. The American Cancer Society puts this yearly event together to encourage those who smoke to quit the habit or to celebrate those who have overcome the habit. Dr. Kaifi's presence offers an abundance of information to prevent the continuation of smoking.

The Great American Smokeout also delivers lung cancer screenings during the event. Dr. Kaifi explains how it works.

"Using low-dose CT scans, our experts look for abnormal nodules, or masses, in the chest," Kaifi said. "If an abnormal nodule is discovered that requires further evaluation, Ellis Fischel Cancer Center's team of radiologists and multidisciplinary thoracic oncologists are on hand to diagnose and treat patients."

Even if you cannot attend the smokeout, you can start taking preliminary actions to quit smoking by:

- Exercising
- Avoiding pollution
- Monitoring yourself for excess radon

The University of Missouri is happy to provide additional information to those attempting to quit. For more resources, click [here](#).

Ellis Fischel Cancer Center, a part of University of Missouri Health Care, is a certified member of The University of Texas MD Anderson Cancer Network®. Ellis Fischel Cancer Center offers patients with all types of cancers a comprehensive health team and innovative diagnostic and treatment options.