



If you've been planning to kick the habit, experts say there's no time like

the present. Today is the American Cancer Society's annual Great American Smokeout. The day is used to encourage people to quit smoking or set a date to do so.

[\(Click for Audio\)](#)

Susan Lundsten, Community & Preventive Care Services at Gunderson Health System says tobacco use remains the single largest preventable cause of disease and premature death in Wisconsin. You can find more on the Great American Smokeout on the American Cancer Society's website.