

QUIT SMOKING AND ENJOY THE BENEFITS!

Within...

20 MINUTES

- ✓ Blood pressure drops to normal
- ✓ Pulse rate drops to normal
- ✓ Body temperature of hands and feet increases to normal

8 HOURS

- ✓ Carbon monoxide level in blood drops to normal
- ✓ Oxygen level in blood increases to normal

24 HOURS

- ✓ Chance of heart attack decreases

48 HOURS

- ✓ Nerve endings start regrowing
- ✓ Ability to smell and taste is enhanced

2 WEEKS to 3 MONTHS

- ✓ Circulation improves
- ✓ Walking becomes easier
- ✓ Lung function increases up to 30%

1 to 9 MONTHS

- ✓ Coughing, sinus congestion, fatigue, shortness of breath decrease
- ✓ Cilia regrow in lungs, increasing ability to handle mucous, clean the lungs, reduce infection
- ✓ Body's overall energy increases

ARE YOU PAYING THE PRICE?

Here's what cigarette smoking can cost you:

At an average of \$5.00 per pack,
if you smoke one pack per day, you spend:

\$35.00 per week

\$150.00 per month

\$1,820.00 per year

\$18,250.00 over ten years!

1 YEAR

- ✓ Excess risk of coronary heart disease is half that of a smoker

5 YEARS

- ✓ Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- ✓ Stroke risk is reduced to that of a non-smoker 5-15 years after quitting
- ✓ Risk of cancer of the mouth, throat and esophagus is half that of a smoker

10 YEARS

- ✓ Lung cancer death rate similar to that of non-smokers
- ✓ Precancerous cells are replaced
- ✓ Risk of cancer of the mouth, throat, esophagus, kidney and pancreas decreases

15 YEARS

- ✓ Risk of coronary heart disease is that of a non-smoker

Source: American Cancer Society; Centers for Disease Control and Prevention, U.S. Department of Health and Human Services



Health New England How Can We Help?™

The material contained in this brochure is for general information only and is not intended to provide specific medical advice or recommendations for any individual. Your physician or other health care professional must be consulted for advice with regard to your individual situation.

Visit Healthy Directions at hne.com

Anytime is a good time to quit smoking!

Smoking can cause cancer and emphysema as well as complications with asthma, diabetes and heart disease.

If you don't smoke, help someone you know to quit for a day - family member, friend, co-worker. It's the first step to being tobacco free!

Talk to your doctor about the options available to help you quit smoking. OR, call your local American Heart Association, American Cancer Society, American Lung Association or state and local health departments.

See below for additional resources.

**ADDITIONAL RESOURCES TO HELP YOU QUIT
SMOKING FOR GOOD!**

American Heart Association

7272 Greenville Avenue
Dallas, TX 75231
800-AHA-USA1 (242-8721)
americanheart.org
(type "quit smoking" in search)

American Cancer Society

1599 Clifton Road, NE
Atlanta, GA 30329
404-320-3333
cancer.org (type "quit smoking"
in search)

American Lung Association

1740 Broadway, 14th Floor
New York, NY 10019
212-315-8700
lungusa.org (click on "quit
smoking")

National Cancer Institute

Bethesda, MD 20892
800-4-CANCER (422-6237)
nci.nih.gov (type "quit smoking"
in search)

**FOR PREGNANT WOMEN:
American College of Ob/Gyn**

409 12th Street, SW
Washington, DC 20024
202-638-5577

**TIPS TO HELP
YOU QUIT FOR
GOOD!**

- Review the reasons you want to quit and focus on them.
- Set a stop date and prepare yourself, family and friends.
- Ask a family member or friend to be a support person.
- Discard all cigarettes, ashtrays and lighters from your home, purse, wallet, car, office and everywhere else.
- Deodorize your home, car, and office from the smell of tobacco smoke.
- Do something with your hands and mouth – hold a straw, doodle on paper, eat carrots or celery sticks, chew gum.
- Drink lots of water throughout the day.
- Don't go to the smoker's break area at work. Go for a walk instead.
- Spend time with non-smoking friends and coworkers.
- Go to nonsmoking places - lunch room, restaurants, stores, etc.