

Spotlight on Health

Stop Smoking

Reduce Your Chances of Returning to the Hospital

No matter how long you've been a smoker, it's never too late to quit this unhealthy habit. The benefits start right away and last a lifetime:

- ◆ **20 minutes** after quitting, your heart rate and blood pressure drop.
- ◆ **2 weeks to 3 months** after quitting, your circulation improves and your lungs work better.
- ◆ **1 year** after quitting, your risk of heart disease is half that of a smoker's.
- ◆ **5 years** after quitting, your risk of mouth, throat, esophagus and bladder cancers is cut in half.
- ◆ **10 years** after quitting, your risk of lung cancer is half that of a smoker's.
- ◆ **15 years** after quitting, your risk of heart disease is the same as a nonsmoker's.

Ready, Set, Quit!

Now that you've decided to quit, take it one day at a time. Remind yourself that you are in control—you can choose to smoke or not. Make a commitment to yourself. Write down why you want to quit and read it every day. Be prepared to have nicotine cravings. When a craving hits, take a walk, call a friend or do something else you enjoy.

Here's How You Can **S.T.A.R.T.**

- ◆ **Set** a quit date. Make a commitment to yourself. Write down why you want to quit and read it every day.
- ◆ **Tell** your family, friends and coworkers that you plan to quit, and ask for their support.
- ◆ **Anticipate** the challenges you'll face. When a craving hits, take a walk, call a friend or do something else you enjoy.
- ◆ **Remove** cigarettes and other tobacco products from your house, car and workplace.
- ◆ **Talk** to your doctor about getting help to quit—including medicines or products that can help, and other tools and resources like those found at the sites below:
 - ◆ www.cancer.org
 - ◆ www.smokefree.gov

3 Tips to Help You Quit

1. Fight the Urge

Don't let yourself think that you can have just one cigarette, but if you do slip, start again and make tomorrow your new first day to quit.

2. Get Moving

Exercise is a good way to keep your mind off cigarettes. The longer you go without smoking, the better you can breathe and the easier it will be to exercise.

3. Keep Your Mouth Busy

Try toothpicks, celery, sugarless gum or sugar-free lollipops.



Before Surgery

Quitting smoking even 12 hours before surgery will help with healing. Smoking after surgery stresses your heart, raises your blood pressure, and reduces the oxygen your blood and tissues need in order to recover.