



Great American SMOKE OUT MONTH

What do I need to know about quitting?

The U.S. Surgeon General has said, "Smoking cessation (stopping smoking) represents the single most important step that smokers can take to enhance the length and quality of their lives."

Quitting smoking is not easy, but you can do it.

Nicotine withdrawal symptoms can lead quitters back to smoking and can include any of the following:

- dizziness (which may only last 1 to 2 days after quitting)
- depression
- feelings of frustration, impatience, and anger
- anxiety
- irritability
- sleep disturbances, including having trouble falling asleep and staying asleep, and having bad dreams or even nightmares
- trouble concentrating
- restlessness or boredom
- headaches
- tiredness
- increased appetite / weight gain
- constipation and gas
- cough, dry mouth, sore throat, and nasal drip
- chest tightness

These symptoms can lead the smoker to start smoking cigarettes again to boost blood levels of nicotine back to a level where there are no symptoms. take regularly need to be checked or changed after you quit.

When smokers quit -- What are the benefits over time?

20 minutes after quitting: Your heart rate and blood pressure drops.

(Mahmud A, Feely J. Effect of Smoking on Arterial Stiffness and Pulse Pressure Amplification. Hypertension. 2003;41:183.)

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

(U.S. Surgeon General's Report, 1988, p. 202)

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

(U.S. Surgeon General's Report, 1990, pp. 193, 194, 196, 285, 323)

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

(U.S. Surgeon General's Report, 1990, pp. 285-287, 304)

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

(U.S. Surgeon General's Report, 1990, p. vi)

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

(U.S. Surgeon General's Report, 1990, p. vi)

10 years after quitting: The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too.

(U.S. Surgeon General's Report, 1990, pp. vi, 131, 148, 152, 155, 164, 166)

15 years after quitting: The risk of coronary heart disease is the same as a non-smoker's.

(U.S. Surgeon General's Report, 1990, p. vi)

Immediate rewards of quitting

- your breath smells better
- stained teeth get whiter
- bad smelling clothes and hair go away
- your yellow fingers and fingernails disappear
- food tastes better
- your sense of smell returns to normal
- everyday activities no longer leave you out of breath (such as climbing stairs or light housework)

Source: www.cancer.org

Courtesy of Wellness Proposals