

# NOVEMBER WELLNESS: GETTING HELP TO QUIT SMOKING



Every November, on the third Thursday of the month, the American Cancer Society has ***“The Great American Smokeout”***. This is a day dedicated to promoting the benefits of quitting to smoke; along with assistance for those who would like to quit.

## ***Benefits of Quitting:***

Are you thinking of quitting? There is no better time than right now! Benefits will begin today! Did you know that you can help your body recover ***within minutes*** of quitting?! **This is what happens after quitting to smoke, as listed on the American Cancer Society website:**

- \* After 20 minutes: **Your blood pressure and heart rate will drop.**
- \* After a few days: **The carbon monoxide level in your blood will drop to normal.**
- \* After 2 weeks - 3 months: **Your lung function increases, and your circulation improves.**
- \* After 1 - 12 months: **You will see decreased coughing and shortness of breath.**
- \* After 1 - 2 years: **Your risk of having a heart attack decreases “dramatically”.**
- \* After 5 - 10 years: **Your stroke risk decreases. And your risk of cancers mouth, throat and larynx decreases by 50%.**
- \* After 10 years: **Your risk of lung cancer decreases to about ½ of those who are still smoking (after 10 - 15 years). Your risk for additional types of cancers, such as bladder, esophagus and kidney cancer, also decreases.**
- \* After 15 years: **You will be close to the same risk of coronary heart disease as a non-smoker.**

There many other benefits in addition to those listed above, including adding up to 10 years to your life (as compared to if you continue to smoke.) To learn about these benefits, and to learn additional benefits, click here: [\*\*Health Benefits of Quitting Smoking Over Time\*\*](#)

For additional information on: ***the benefits of quitting, helping a person who smokes to quit, and how to quit smoking (and quitting smokeless tobacco)***,  
click here to reach the American Cancer Society:

[\*\*Great American Smokeout\*\*](#)