

# Health & Wellness Information

## Tobacco Cessation

### It's never too late to quit!

#### 20 minutes after your last cigarette:

- blood pressure decreases
- body temperature of hands and feet increases

#### After 8 hours:

- carbon monoxide level in blood drop to normal
- oxygen level in blood increases to normal

#### After 24 hours:

- chance of a heart attack decreases

#### After 48 hours:

- nerve endings start regrowing
- ability to smell and taste is enhanced

#### After 2 weeks to 3 months:

- circulation improves
- walking becomes easier
- lung function increases

#### After 1 to 9 months:

- coughing
- sinus congestion
- fatigue
- shortness of breath decreases

#### After 1 year:

- excess risk of coronary heart disease is decreased to half that of a smoker

#### After 5 years:

- stroke risk is reduced to that of a nonsmoker

#### At 10 years:

- risk of lung cancer drops to as little as one-half that of continuing smokers
- risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- risk of ulcer decreases

#### At 15 years:

- risk of coronary heart disease is now similar to that of people who have never smoked
- risk of death returns to nearly the level of people who have never smoked

### Effects of Tobacco Use:

- Cancer (lung, mouth, larynx, throat, bladder, kidney, pancreas, liver, cervix, stomach, colon and rectum, and some leukemias)
- Lung disease and poor lung functioning
- Heart disease and heart attack
- Stroke
- Premature wrinkling of skin, bad breath, yellowing of the finger nails

### Want a cigarette, dip or chew? Try the 4 D's Instead!

**Delay:** The urge to smoke a cigarette, dip or chew will pass whether you use or not!

**Deep breathe:** Allow yourself to pause and take a deep breath and remind yourself why you're doing this!

**Drink water:** Hydration has many health benefits!

**Do something** to keep your mind off cigarettes, dip or chew!

### Did you know?

Cigarette smokers die younger than non-smokers:

**Male smokers** lives' are shortened by about 13 yrs.

**Female smokers'** lives are shortened by about 14.5 yrs.

### How to deal with relapse:

- Be patient: allow yourself time.
- Focus on the here and now: stay focused on what you have accomplished, not past failures.
- Remember that you can't have just one!
- Reduce alcohol consumption: there is a relationship between alcohol and tobacco use.

### Identify your reasons for quitting!

Remind yourself of these reasons when you're thinking about smoking.

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