

Living Well Tip of the Week

The physical benefits of quitting smoking begins within just 20 minutes of your last cigarette! *(American Cancer Society)*

What to Expect When You Quit Smoking

20 Minutes

- Blood pressure & pulse rate begin to return to normal
- Circulation to hands & feet improves

8 Hours

- Carbon monoxide & oxygen levels in the blood drops to normal

24 Hours

- Risk for heart attack decreases

2 Weeks to 2 Months

- Circulation improves
- Lung functions increases

1 to 9 Months

- Body's overall energy level increases

3 to 5 Years

- Risk of dying of a heart attack decreases to that of a nonsmoker

10 Years

- Risk of dying of lung cancer decreases to that of a nonsmoker
- Precancerous cells are replaced with healthy cells
- Other cancer occurrences (mouth, larynx, esophagus, bladder, kidney & pancreas) decrease

Quit Cold Turkey!

November 18TH is the Great American Smokeout!



Pledge to quit smoking for just one day. Take a look at the FREE Resources available to you and your family to help you quit smoking at <http://www.livingwell.utsystem.edu/tobacco.htm>