

# 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 17<sup>TH</sup> 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>