



The Right Choice...for a Healthier You!™

November 2015

November 19th is Great American Smoke Out Day!



QUIT LIKE A CHAMPION™

How does your body recover after smoking ...

20 minutes		Your heart rate and blood pressure drop.
12 hours		The carbon monoxide level in your blood drops to normal.
2 weeks to 3 months		Your circulation improves, and your lung function increases.
1–9 months		Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
1 year		The excess risk of coronary heart disease is half that of a continuing smoker's.
5 years		The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
10 years		The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
15 years		The risk of coronary heart disease is that of a non-smoker's.

Source: cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits

To learn more about getting on track to beat cigarettes, visit cancer.org/smokeout or call us at 1-800-227-2345.



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Nutritional Information Provided By

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