

NOVEMBER WELLNESS

THE GREAT AMERICAN SMOKEOUT



Thursday, November 16, 2017

Mark this date on your calendar. Every year, the 3rd Thursday in November, is the day of the American Cancer Society Great American Smokeout.

If you are a smoker, try to quit, even if only for the day. If you know someone who smokes, encourage them to quit, at least for the day. By not smoking, even for one day, benefits will begin to add up.

Here's what can happen on November 16th if you take this challenge and commit not to smoke:

- Within 20 minutes, your heart rates and blood pressure will begin to return to normal.
- Within 12 hours, the carbon monoxide level in your blood can drop to normal.

If you continue to go cigarette-free for 2 weeks - 3 months, you can also then enjoy improved circulation and increased lung function.

In 1 - 9 months, if you continue to not smoke, you will notice a decrease in coughing and shortness of breath.

And by 1 year, you will have cut your risk of coronary heart disease in half, versus those who still smoke.

To see a complete timeline to increased health, click here: [What Happens When You Quit Smoking](#)

Help is always available. Call the **Cancer Helpline: 1-800-227-2345** for free tips and tools.

Or visit cancer.org/smokeout for additional information, resources and encouragement.

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com