

NOVEMBER WELLNESS: INFORMATION ON QUITTING SMOKING



Did you know that there are over 50 million ex-smokers in the United States? Quitting to smoke is a journey and is not always easy; but it is possible. The American Lung Association offers many resources to help you. Here is some information on quitting to smoke:

Benefits of Quitting Smoking

1. Your heart rate will drop to a normal level 20 minutes after quitting.
2. Your risk of heart attack will be significantly decreased within 12 - 24 hours after quitting.
3. You will see a decrease in coughing and shortness of breath 1 - 9 months after quitting.
4. Your risk of having a stroke will be reduced to the same as the risk of those who do not smoke by 5 - 15 years after quitting.

These are just a few of the significant benefits. There are many more! To see all of the benefits that can occur, click here: [Health Benefits of Quitting Smoking](#)

Reasons to Quit Smoking

In addition to health benefits, there are other reasons to quit smoking. Knowing the reason that is important to you can motivate you to stop smoking. Some of the additional reasons include:

1. Smoking is expensive. The annual cost can be \$1,825 per year (based on one \$5 pack of cigarettes per day).
2. Smoking is inconvenient. Many establishments have bans on indoor smoking; thus smokers need to go outdoors or find places away from smokefree public locations.
3. Cigarette smoke harms others besides just the smoker. Exposing your friends and family to secondhand smoke can be dangerous for them.
4. Your quality of life can improve from advantages of not smoking such as being able to taste and smell better.

To learn more about these, and other reasons to quit, click here: [Reasons to Quit Smoking](#)

Tips for Quitting to Smoke

1. Manage stress. Some smokers are smoking as a way of finding stress relief. Finding healthier options to manage stress can be a step towards quitting to smoke.
2. If you have tried to quit before, evaluate the experience and explore what had worked and what had not worked for you. This will help you see what you can do this time to be successful.

For additional information, tips and resources, click here: [American Lung Association](#)

Are you ready to begin now? Call the Lung HelpLine, a toll-free line, staffed with smoking cessation experts ready to help you begin a plan to quit. Call **1-800-LUNGUSA** or click here to begin online:

[Lung Helpline and Tobacco Quitline](#)