

# Healthy Spirit



A health resource provided by your Faith Community Nurse Liaison

*“The Spirit of God has made me, and the breath of the Almighty gives me life. Job 33:4*

The Great American Smokeout®, sponsored by the American Cancer Society, is November 18. Quitting smoking isn't easy; it takes time and a plan. Let the Great American Smokeout® event be the beginning of your journey toward a smoke free life.

## Did you know?

- o Nicotine is the third most addictive substance, with addictive properties similar to morphine and cocaine.
- o Cigarette smoking is the leading cause of preventable disease and death in the U.S. 480,000 people die each year, accounting for one in every five deaths.
- o Both smoking and smokeless tobacco use carry many health risks.

### Call for FREE Help

You can quit smoking for good and live a healthy, smoke free life. Take the first step and call **1-800-QUIT-NOW**.

FREE help for youth under age 18: My Life, My Quit. Youth who want to stop using tobacco products, including vapes can text "Start My Quit" to **1-855-891-9989** or visit **mylifemyquit.org**.

## Why You Should Quit

***Health benefits of quitting begin almost immediately and increase over time:***

**20 minutes:** Your heart rate and blood pressure drop.

**12 hours:** Carbon monoxide levels in the blood drop to normal.

**2 weeks to 3 months:** Circulation improves. Your lung function increases.

**1 to 9 months:** Coughing and shortness of breath decrease. Lungs have an increased ability to handle mucus and the risk of infection is reduced.

**1 year:** Your risk of having coronary artery disease is half the risk of a continuing tobacco user.

**5 years:** Stroke risk can decrease to the risk of a non-tobacco user 2 to 5 years after quitting.

**10 years:** Your risk of dying from lung cancer is about half the risk of a continuing tobacco user. The risk of cancer of the larynx and pancreas decreases.

**15 years:** Your risk of coronary heart disease is that of a non-tobacco user.

## Tips to Quit

- o Make a plan of action with your health care provider to quit any form of tobacco.
- o Stick to your “quit date.” List reasons to quit and keep them with you.
- o Seek support from family, friends, groups, telephone counseling programs, or online support sites.
- o It may take more than one attempt to quit.
- o It's NEVER TOO LATE to quit.



## References/Resources:

[Tobacco Treatment and Support | Saint Joseph Mercy Health System \(stjoeshealth.org\)](http://stjoeshealth.org)

[Great American Smokeout® | American Cancer Society](http://www.amsos.org)

[How to Quit Smoking | Quit Smoking | Tips From Former Smokers | CDC](http://www.cdc.gov)

[Smokefree.gov](http://www.smokefree.gov)