

## Stop Smoking!!



### Cigarettes, Pipes, Snuff, Cigars, Chewing Tobacco

**It's All Tobacco and It's All the Same!!**

- Tobacco speeds up your heart.
- Tobacco increases your blood pressure.
- Tobacco cuts back on the amount of blood supply to your heart.
- Tobacco causes cancer.
- Tobacco smells bad.
- Tobacco numbs your taste buds.
- Tobacco costs money.

**DON'T DO IT!**

### Benefits of Quitting

Within 20 minutes	<ul style="list-style-type: none"> <li>• Blood pressure drops</li> <li>• Heart rate drops</li> <li>• Blood flow returns to hands and feet</li> </ul>
Within 8 hours	<ul style="list-style-type: none"> <li>• Oxygen in blood increases to normal level</li> </ul>
Within 24 hours	<ul style="list-style-type: none"> <li>• Chance of heart attack decreases</li> </ul>
Within 48 hours	<ul style="list-style-type: none"> <li>• Ability to smell and taste improves</li> </ul>
Within 72 hours	<ul style="list-style-type: none"> <li>• Bronchial tubes relax, breathing is easier</li> <li>• Lung capacity increases</li> </ul>
Within 2 weeks to 3 months	<ul style="list-style-type: none"> <li>• Circulation improves</li> <li>• Lung function increases up to 30%</li> <li>• Walking is easier</li> </ul>
Within 1 to 9 months	<ul style="list-style-type: none"> <li>• Coughing, shortness of breath and sinus congestion decreases</li> <li>• Cilia in lungs regrow, lungs start to clean out</li> </ul>

## Ways to Cut Down Your Smoking

Many people find that cutting down on cigarettes day by day makes it possible to stop. Here's a list of ways that worked for some of us.

- Decide to smoke only once an hour. Or decide to stop smoking for an entire hour and then start lengthening that time by half hours.
- Make it hard to get and smoke a cigarette. Wrap up the package and put elastic bands around it. Smoke with your left hand if you usually smoke with your right.
- Change to a brand you don't like. Buy only one pack at a time.
- If you always have a smoke with your coffee, switch to tea, juice or soda.
- Do something for your body. Get back in shape. Exercise is a great way to relax.
- Call up your friends and tell them you're going to quit.
- If you quit for one day, you can quit for another. Try it!
- Save all the money you would have spent on cigarettes and buy yourself something. You deserve it!
- If you break down and have a cigarette, don't worry. Some people take several tries before they make it.
- Talk with your doctor about how he or she might be able to help you to quit.

**It's worth quitting; no matter how many years you've smoked. So don't give up!!**

