



## JOIN THE GREAT AMERICAN SMOKEOUT

This Thursday, November 18 marks the 35<sup>th</sup> **GREAT AMERICAN SMOKEOUT** sponsored by the American Cancer Society. On this day, we encourage the 46 million Americans still smoking to take an important step towards a healthier life by quitting on that day. Often this simple step leads to a more permanent choice to live smoke-free!

If you're a smoker, did you know that:

- Within 30 minutes of quitting, your pulse rate slows down and blood pressure drops to normal?
- Within hours of stopping, the level of carbon monoxide in your blood drops, enabling your blood to carry more oxygen?
- Within 2 days of quitting, nerve ending begin to recover and your sense of smell and taste begin to return?
- Within 72 hours, the bronchial tubes in your lungs expand and lung volume increases?
- In the 1<sup>st</sup> year of quitting, the risk of heart attack declines for both men and women?
- 2-3 years after quitting, the risk of heart attack attributes to smoking is virtually gone?
- After 10 years, the risk of developing cancer is about the same as for nonsmokers?



If you're a non-smoker or ex-smoker, adopt a smoker and help him/her quit!

- Do respect that the quitter is in charge and this is **their** lifestyle change and challenge.
- Do help the quitter get what he/she needs, such as hard candy to suck on, straws to chew on, fresh veggies cut up and kept in the refrigerator to munch on so they won't miss their cigarette.
- Do spend time with the quitter to keep his/her mind off smoking – go to a movie, take a walk, take a bike ride, play cards, etc.
- Do help the quitter by offering to do a few of his/her chores to help lighten the stress while quitting.
- Do celebrate along the way because quitting is a **BIG DEAL!!**
- Most of all, don't judge, nag, preach, tease or scold. Be supportive so that your loved one, friend and/or coworker has the best chance of quitting . . . for good!

For information and assistance with quitting go to [www.smokefree.gov](http://www.smokefree.gov)

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

