

PUBLIC SAFETY HEALTH and WELLNESS

Potential health benefits of quitting smoking

1. Just 24 hours after quitting, the chance of heart attack begins to decrease
2. Two weeks to three months after quitting, blood circulation may improve and lung function may increase up to 30 percent. Breathing is easier!
3. One to nine months after quitting, cilia (tiny hairlike structures that move mucus out of the lungs) can regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce risk of local infection. You might actually cough more for awhile than when you smoked, but the cough will be productive and will eventually stop. Congestion, fatigue and shortness of breath start to decrease.
4. One year after quitting, the excess risk of developing a heart attack caused by smoking is reduced by half.
5. Five+ years after quitting, the risk of having a stroke is reduced to that of a nonsmoker.
6. 10 years after quitting, lung cancer death rate is about half of a smoker's, and the risk of other types of cancer – mouth, esophagus, bladder, cervix and pancreas – has decreased.

Smoking

Facts:

Every year, almost 1,000 smokers and non-smokers are killed in home fires caused by cigarettes and other smoking materials.

One pack per year smoker can save more than \$1,700 a year by kicking the habit



Individual risk factors

Not all people who smoke develop complications from their smoking. The following factors influence the likelihood of developing a smoking related health problem:

Duration, intensity and type of smoke exposure

The earlier you started smoking and the more you have smoked increases the chance of health problems related to smoking.

Genetic susceptibility

If you have had a family member who had a smoking related illness you are very significantly more at risk

Occupational and environmental exposures

If you live in an urban area or work with carcinogens, chemicals, dusts, etc ...your risk is greater.

Impact of other diseases, and medications

If you have a lung disease for example smoking is more likely to further damage your lungs. Smoking may interfere with blood pressure meds as another example

Other benefits from quitting smoking:

1. Your children are less likely to start smoking
2. Food tastes better. Your sense of smell and taste may return to normal.
3. Your breath, clothes, hair and nails might not smell of cigarettes.
4. You can save money by not buying cigarettes. If you kept track of how many packs of cigarettes you bought in a week, you can see how much money you have saved by quitting

