

# Smoking Cessation

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“Habit, if not resisted, soon becomes necessity.”  
~ St. Augustine

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Approximately 46 million people in the United States smoke cigarettes. Smoking is the leading cause of *preventable* deaths, accounting for about 1 in 5 deaths in the U.S. every year. The key word here is *preventable* – **think prevention!**



## Health Benefits of Quitting Smoking

**Some health benefits of quitting smoking are immediate:**

- Heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.
- Within a few hours, the level of carbon monoxide in the blood begins to decline. (Carbon monoxide reduces the blood's ability to carry oxygen.)
- Within a few weeks, people who quit smoking have improved circulation, produce less phlegm, and don't cough or wheeze as often.
- Within several months of quitting, people can expect substantial improvements in lung function
- In addition, people who quit smoking will have an improved sense of smell, and food will taste better.

**Long term health benefits of quitting smoking:**

Quitting smoking reduces the risk of cancer and other diseases, such as heart disease and COPD:

- **Quitting at age 30:** Studies have shown that smokers who quit at about age 30 reduce their chance of dying prematurely from smoking-related diseases by more than 90 percent.
- **Quitting at age 50:** People who quit at about age 50 reduce their risk of dying prematurely by 50 percent compared with those who continue to smoke.
- **Quitting at age 60:** Even people who quit at about age 60 or older live longer than those who continue to smoke.

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## Make the Decision Today!

If you are a regular smoker and want to stop smoking, contact your Safety or HR Manager for additional resources. They can direct you to get the professional help you need to quit smoking!

## Additional Resources:

- [www.smokefree.gov](http://www.smokefree.gov)
- 1-800-QUIT-NOW

Sources: CDC, cancer.gov



## Tips for changing bad health habits:

- › Seek professional help if you think you have an addiction.
- › Recognize the truth. Awareness is the first step to breaking a bad habit.
- › After you make a decision to change, your direction is set. Make the decision.
- › Make a commitment to do whatever it takes to let go of your old behavior and to introduce new behaviors that serve you better.
- › Connect with an accountability partner or group to help you.
- › As you take daily actions toward your new habit, remember that consistency is critical.

Taking only occasional action will not work.

- › **Never give up!**