

Look What Happens When You Quit Smoking

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

20 minutes after quitting:

- Blood pressure drops to a level close to that before the last cigarette.

8 hours after quitting:

- Carbon monoxide level in blood drops to normal.

24 hours after quitting:

- Chance of heart attack decreases.

2 weeks - 3months after quitting:

- Circulation improves.
- Lung function increases up to 30%.

1 - 9 months after quitting:

- Coughing, sinus congestion, fatigue and shortness of breath decrease.
- Increased ability to prevent lung infections.

1 year after quitting:

- Excess risk of coronary heart disease is half of that of a smoker's.

5 years after quitting:

- Stroke risk is reduced to that of a nonsmoker's.

10 years after quitting:

- Lung cancer death rate is about half of a continuing smoker's.
- Risk of mouth, throat, esophagus, bladder, kidney and pancreas cancer decreases.

15 years after quitting:

- Risk of coronary heart disease is that of a nonsmoker's.

Source: U.S. Department of Health and Human Services Public Health Service July 2003

Resources

- National Cancer Institute's Smoking Quitline toll free: 1-877-44U-QUIT
- American Cancer Society: 1-800-227-2345
- American Heart Association: 1-800-242-8721
- American Lung Association: 1-800-586-4872
- National Cancer Institute: 1-800-422-6237
- Smokefree.gov: 1-800-QUITNOW (1-800-784-8669) <http://www.smokefree.gov>
- U.S. Department of Health and Human Services Tobacco Cessation Guideline at <http://www.surgeongeneral.gov/tobacco>
- <http://cancer.gov>
- St. John's Mercy Medical Center Department of Pulmonary Rehabilitation at 314-251-7978
- St. John's Mercy Center For New Health Options 636-207-2200 Acupuncture / Aricular Therapy for Smoking Cessation

 **MERCY**
ST. JOHN'S MERCY
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You can Quit



You Can Quit

Help for our
patients who smoke

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Good Reasons for Quitting

More than 430,000 Americans die each year from smoking. Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.

Quitting Helps You Heal Faster

Your hospital visit is a great time to quit smoking.

Why should I quit now?

- Smoking may slow your recovery from surgery and illness.
- It may also slow bone and wound healing.

When you quit ...

- Your chances of getting sick from smoking will be less.
- You will have more energy and breathe easier.
- You will live longer and live healthier.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially your children will be healthier.
- You will lower the risk of heart attack, stroke or cancer.
- You will have extra money to spend on things other than cigarettes.

Want to Quit?

- Nicotine is a powerful addiction.
- Quitting is hard, but don't give up.
- Many people try 2 to 3 times before they quit for good.
- Each time you quit, the more likely you are to succeed.

Helpful Hints to Quit and Stay Quit!

Get Ready

- Set a quit date.
- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- Don't let people smoke in your home.

Get Support

- Ask your friends and family for support.
- Get group, individual, or telephone counseling.

Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- Plan something enjoyable to do every day.
- Reward yourself often.
- Do something to reduce your stress. Take a bath, exercise, or read a book.
- Avoid alcohol.
- Eat a healthy diet and stay active.
- Stay in nonsmoking areas.
- Breathe in deeply when you feel the urge to smoke. Once you quit, don't smoke — NOT EVEN A PUFF!
- If you "slip" and smoke, don't give up. Set a new date to get back on track.

Get Medication and Use it Correctly

- Talk with your health care provider about which medications will work best for you.
- Bupropion SR — available by prescription.
- Nicotine gum — available over the counter.
- Nicotine inhaler — available by prescription.
- Nicotine nasal spray — available by prescription.
- Nicotine patch — available over the counter.

How do I quit in the hospital?

- Talk to your doctor or other hospital staff about a plan for quitting.
- Ask for help right away. Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.
- Make sure you leave the hospital with the right medicines or prescriptions.
- Continue your quit plan after your hospital stay.

Second-hand Smoke

Even a little second-hand smoke is dangerous.

Second-hand smoke can cause cancer in non-smokers. It can also cause breathing problems and heart disease. People who breathe second-hand smoke get colds and flu more easily. And they often die younger than those who don't breathe it.

Pregnant women who breathe second-hand smoke have many risks:

- They may lose their babies.
- Their babies may be born small.
- Their babies are more likely to die of SIDS (Sudden Infant Death Syndrome).
- Their children may be cranky, restless and get sick more often.
- Their children are more likely to have hearing problems.

Children who breathe second-hand smoke have troubles too. They are much more likely to have breathing problems such as asthma. They also get more ear and lung infections (like pneumonia).