

Below you will find an illustration of the benefits of smoking cessation over time.

#### **After 20 Minutes**

- Blood pressure, pulse rate, and body temperature return to normal.

#### **After 8 Hours**

- Your body starts to heal itself—the carbon monoxide level in your blood drops to normal while your oxygen level increases to normal.

#### **After 24 Hours**

- Your chance of heart attack decreases.

#### **After 48 Hours**

- Nerve endings begin to regenerate and your sense of taste and smell improve.

#### **After 72 Hours**

- Bronchial tubes relax, lung capacity increases, and breathing becomes easier.

#### **After 2 Weeks to 3 Months**

- Your circulation improves, physical activity becomes easier, and lung function increases up to 30%.

#### **After 1 to 9 Months**

- Cilia reactivate in your lungs, cleaning your lungs, reducing infection, and increasing your lungs' ability to handle mucous. Coughing, sinus congestion, fatigue, and shortness of breath decrease and your body's overall energy level increases.

#### **After 5 Years**

Your chance of dying from lung cancer decreases. At this point, the lung cancer death rate for the average former smoker decreases from 137 deaths per 100,000 people to 72 per 100,000 people—almost a 50% reduction.

#### **After 10 Years**

- Your chance of dying from lung cancer continues to decrease. At this point, the lung cancer death rate for the average former smoker drops to nearly the rate for non-smokers—12 deaths per 100,000 people. Your risk for other cancers, such as mouth, larynx, esophagus, bladder, kidney, and pancreas also decreases.

***For more information on cigarette smoking, how to quit, and the benefits of quitting, please contact:***

The American Cancer Society  
1-800-ACS-2345  
www.cancer.org

Agency for Health Care Policy and Research  
www.ahrp.gov

American Lung Association  
1-800-586-4872  
www.lungusa.com



*This brochure is for informational purposes only, and is not intended as medical advice. For further information, please consult a medical professional.*

*Live Well, Work Well* is written and produced for Educational & Institutional Insurance Administrators, Inc.. © Zywave, Inc. 2001

# EIIA

**Educational & Institutional Insurance  
Administrators, Inc.**

10 South Riverside Plaza, Suite 1844  
Chicago, IL 60606-3800  
Phone 312-648-0914 • Fax 312-648-5511

## Smoking & Your Health

Quit for Good This Time



Prepared especially for  
Willamette University  
by  
Educational & Institutional Insurance  
Administrators, Inc.



**Live Well,  
Work Well**

***Few people would disagree that smoking is hazardous to your health.*** Most people know that smoking is the leading cause of lung cancer. In addition, many people may be surprised to learn about the many other diseases that smoking can contribute to or complicate. Unfortunately, despite the well-known and very serious health risks of tobacco smoking, millions of people continue to take part in this unhealthy habit. This issue of *Live Well, Work Well* focuses on the effects of smoking and some techniques to help you quit.

## **Smoking Statistics**

Smoking kills over 400,000 people each year—more than one in six people in the United States—making it more lethal than AIDS, automobile accidents, homicides, suicides, drug overdoses, and fires combined. It is estimated that the U.S. spends an astonishing \$97 billion each year on smoking-related health concerns.

Unfortunately, millions of people still choose to smoke despite these grim statistics. An estimated 47 million people smoke—28% of the male population and 23% of the female population. Each day almost 6,000 young people try a cigarette for the first time, and over 3,000 of them become regular smokers.

## **Health Effects of Smoking**

Tobacco smoking can lead to a variety of health conditions and several very serious diseases.

### **Heart Disease**

- Cigarette smoking is directly responsible for at least 20% of all deaths from heart disease—about 120,000 deaths annually.

### **Cancer**

- Cigarette smoking leads to 30% of all cancer deaths—over 140,000 annual deaths.

### **Lung Cancer**

- Smoking causes eighty to ninety percent of the 130,000 annual deaths from lung cancer. Lung cancer patients have only a 10% survival rate after five years, one of the lowest cancer survival rates.

### **Lung Disease**

- Smoking causes 85,000 annual deaths from lung diseases such as chronic bronchitis, emphysema, and chronic obstructive pulmonary disease.

## **You Can Quit**

Quitting smoking is said to be one of the most difficult things a person can undertake. However, with some thoughtful planning and a strong will, you too can quit.

There are several smoking-cessation tools and techniques available to help you in your quest to quit smoking. They include:

- Nicotine replacement therapy;
- Scheduled reduction;
- Quitting “cold turkey”;
- Hypnosis and acupuncture; and
- Prescription drugs such as Zyban.

If you want to quit smoking for good, here are some suggestions to help you succeed.

### **Decide to Quit**

The decision to quit smoking is one that only you can make for yourself. Others may try to influence you, but only your own personal conviction to quit will put you on the path to success. The belief that you are susceptible to the diseases caused by smoking, as well as the belief that you can quit, will assist you in sticking to your decision.

### **Choose a Start Date and Method**

As soon as you have made your decision to quit, set a start date. Mark that date on your calendar, and notify your friends and family of your decision. Their support will be critical.

In addition to setting a start date, select your quitting method. Are you going to quit cold turkey, or will you use a nicotine replacement method? Also, plan other lifestyle changes, such as healthy eating and exercise, to accompany your quitting method. Exercise regularly, drink plenty of water and juice, and avoid alcoholic beverages.

### **Determine Coping Methods for Withdrawal**

Smoking cessation techniques such as nicotine replacement therapy can help you cope with the physical symptoms of withdrawal, but you must also find ways to deal with the psychological effects quitting smoking may have.

Avoid temptation by altering your behavior, and use oral substitutes such as gum or hard candy. If you feel the urge to smoke, wait ten minutes and the feeling will pass.

### **Commit to a Maintenance Schedule**

Staying smoke-free is the most difficult part of the quitting process. You may experience cravings months and even years after you quit. Commit to long-term use of the methods discussed above to ensure that you will succeed. Don't let all your hard work go to waste!

## **Benefits of Quitting**

The benefits of quitting cigarette smoking are numerous. In the days, weeks, and years after you quit, the benefits increase tremendously as your lungs and body return to a healthier state.