

The Great American Smokeout

November 2018



Did you know?

- Smoking still remains the single largest preventable cause of death and illness in the world.
- Quitting smoking improves health immediately and over the long term- at any age.
- Getting support, counseling, and help can greatly increase your odds of quitting.

After you quit:

20 minutes- Blood pressure and heart rate return to a normal state
24 hours- Risk of a heart attack decreases
1 year- Risk of heart disease decreases by half
10 years- The risk of dying from lung cancer is about half that of a person who is still smoking.
15 years- The risk of coronary heart disease is that of a non-smoker's.

How can you help?

- **Try this exercise: Take a deep breath through your nose and blow out slowly through your mouth. Repeat 10 times.**
- Consider utilizing these tools to help make quitting easier: Telephone smoking-cessation hotlines, stop-smoking groups, online quit groups, counseling, nicotine replacement products, prescription medicine to lessen cravings, guide books, encouragement and support from friends and family members.
- Call 800-QUIT-NOW for help today!

Sources: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html> and <https://www.tobaccofreekids.org/problem/toll-us/arkansas>

This information is brought to you by Katie Priest and Tabitha Fondren Region #5 Prevention Providers (479) 785-4083.

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