

A focus on **Smoking** Today is the best day to **quit**

Smoking is today's leading cause of preventable death, killing more people annually than the combined death toll from AIDS, cocaine, heroin, alcohol, fire, automobile accidents, homicide, and suicide.

A heavy smoker's life expectancy is seven to ten years shorter than a nonsmoker's.

One in three smokers dies 21 to 30 years prematurely in the U.S. totaling 300,000 to 500,000 each year.

Cigarette smoking is responsible every year for approximately 130,000 deaths from cancer, 170,000 deaths from heart disease, and 50,000 deaths from lung disease.

Good reasons for quitting.

- Increase your likelihood of living longer.
- Reduce your risk of illnesses such as cancer and heart disease.
- Improve your overall health.
- Decrease cost of your health insurance.
- Save money by not buying cigarettes.
- Avoid harming children and other nonsmokers around you.
- Improve your personal appearance – smokers have smoke-filled clothes, bad breath, wrinkles, yellowed fingers and teeth.
- Improve your energy level when you exert physically.
- Reduce the number of respiratory infections you get.

Once you quit, your body starts immediate healing

- Within 20 minutes of your last cigarette, your pulse rate and blood pressure, elevated by nicotine, will return to normal. The circulation in your hands and feet will improve, making them feel warmer.
- Within 12 hours after you quit, the levels of carbon monoxide and nicotine in your system decline rapidly.
- Within a few days your sense of smell and taste improves, breathing becomes easier, and your smoker's hack diminishes.
- Within a few years, smoking will no longer be one of your risk factors for heart disease.
- And, within 10 years your risk of lung cancer will drop to that of a nonsmoker's.



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