

November 2016 — The Power of Quitting

"Tobacco use remains the number one PREVENTABLE cause of disease and death in the United States. Quitting can lead to a healthier you in just a matter of minutes."

The Immediate Benefits of Quitting Smoking

Within 20 minutes after quitting:

Blood Pressure Decreases



Pulse Rate Drops



Body Temperature of Hands and Feet Increases



Within 8-24 hours after quitting:

Carbon Monoxide Level in Blood Drops to Normal



Oxygen Level in Blood Increases to Normal

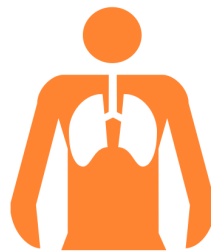


Chance of a Heart Attack Decreases



Staying smoke free

Within 3 months, lung function begins to improve. Circulation improves and walking becomes easier.



In 10 years after quitting, the risk of lung cancer drops to as little as one-half that of continuing smokers.



To Quit Smoking Call:
1-800-QUIT-NOW



Source:
CDC.gov

UMRHN Community Members

Catawba Community Mental Health Center ♦ Chester County Representative ♦ Chester County School District ♦ Chester Healthcare Foundation ♦ Chester Regional Medical Center ♦ Eau Claire Cooperative Health Center ♦ Fairfield County School District ♦ Fairfield Memorial Hospital ♦ Good Samaritan Medical Clinic ♦ J. Marion Sims Foundation ♦ John A. Martin Primary Health Care ♦ Mid-Carolina AHEC ♦ Midlands Technical College ♦ North Central Family Medical Center ♦ SC Department of Health and Environmental Control ♦ SC Office of Rural Health ♦ Springs Memorial Hospital ♦ York Technical College