

A HEALTHY BALANCE...

Stop Smoking for Better Health

Your health matters to us...both during your procedure and after you leave our office. That's why we're providing these helpful tips for stopping smoking. When you stop smoking, you improve your health and reduce your risk of cancer, heart disease, lung disease, and other smoking-related illnesses.

Quitting smoking lowers your excess risk of many diseases related to second-hand smoke in children, including respiratory diseases (asthma, etc.) and ear infections. It also reduces the chances of impotence, premature and low weight births, and miscarriages.

Improve Your Health Instantly When You Quit

Time Since Quitting	Health Benefit
Within 20 minutes.....	Your heart rate and blood pressure drop.
12 hours.....	The carbon monoxide level in your blood drops to normal.
2-12 weeks.....	Your circulation improves and your lung function increases.
1-9 months.....	Coughing and shortness of breath decrease.
1 year.....	Your risk of coronary heart disease is about half that of a smoker.
5 years.....	Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
10 years.....	Your lung cancer risk falls to about half that of a smoker; your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.
15 years.....	The risk of coronary heart disease is the same as a nonsmoker's.

Quitting Smoking Benefits People of All Ages

Age at Quitting	Benefits Compared to Those Who Kept Smoking
About 30	Gain almost 10 years of life expectancy
About 40	Gain 9 years of life expectancy
About 50	Gain 6 years of life expectancy
About 60	Gain 3 years of life expectancy
After the onset of a life-threatening disease	Fast benefit: people who stop smoking after having a heart threatening disease attack reduce their chances of another heart attack by 50%.



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Thanks for making Jordan & Associates Gastroenterology your GI partner. Together, we can make a positive difference in your health and well-being!

For more information, visit www.cdc.gov/tobacco/, or call 1-800- CDC-INFO.

References

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Ready to Make a Change for Better Health?

The Centers for Disease Control (CDC) suggests writing a Quit Plan, to keep you inspired and on track:

- Pick a quit date and circle it on a calendar so you can see it every day.
- Let loved ones and friends know you are quitting. Good support helps!
- Remove reminders of smoking: cigarettes, matches, lighters, and ashtrays.
- List your reasons to quit: to improve health, save money, protect loved ones. Keep it where you can see it every day.
- Identify your smoking triggers: stress, parties, other feelings or activities. Write a second list of ways to avoid or better manage the trigger.
- Develop coping strategies: smoking is an addiction (nicotine); stopping causes withdrawal. Behavior changes and medication can help you get through it.
- Have places you can go for help: find a hotline, support group, online resource, or friend.
- Reward yourself when you hit milestones. Quitting smoking is hard, and happens one day a time. Figure out ways to celebrate key moments: 24 hours smoke-free, one week without a cigarette, one month without smoking.

Struggling with Cravings?

These tips from the CDC can help you get through it:

- Get support...fast. Call a friend or a hotline, use an app, connect with a counselor.
- Remember why you're quitting. Reviewing your Quit Plan list of reasons for quitting can help you stay the course.
- Stay busy. Chew gum, take a walk, breathe deeply, knit—anything that occupies your hands, mouth, and mind.
- Go to a smoke-free zone: the movies, a museum, a restaurant, or store.
- Consider nicotine replacement (gum, lozenge, or patch).
- Serve. Doing a good deed takes you out of yourself and the present situation, and decreases stress while boosting feel-good endorphins.
- Don't give up. Stopping smoking is a big step...with big health rewards. You can do it!