



# Wellness by the Month

## Great American Smokeout November 20, 2008

The Smokeout is always the third Thursday of every November. If you're a smoker, consider quitting (or at least reducing how much you smoke) this month with thousands of other people across America.

### Things to look forward to:

Once you finish your last cigarette, your recovery is almost immediate.

**20 minutes** after quitting: Your heart rate and blood pressure drops.

**2 hours** after quitting: The carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months** after quitting: Your circulation improves and your lung function increases.

**1 to 9 months** after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year** after quitting: The excess risk of coronary heart disease is half that of a smoker's.

**5 years** after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

**10 years** after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.

**15 years** after quitting: The risk of coronary heart disease is that of a nonsmoker's.

Get some great ideas on how you can prepare for the Great American Smokeout at [www.tobaccofree.org](http://www.tobaccofree.org)

For more information, on smoking cessation go to [www.cancer.org](http://www.cancer.org) and [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)