



**UNC REX
HEALTHCARE**

Smoking Cessation

UNC Rex Cardiac Rehab

Why quit smoking?

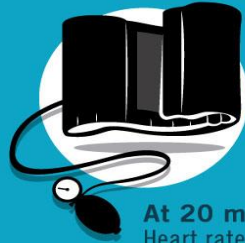
- Smoking harms nearly every organ in your body.
- Smokers are 6 times more likely to have a heart attack than non-smokers.
- Smoking affects your heart in a number of ways. For example, it can cause:
 - Irregular heartbeat
 - Thickened and narrowed blood vessels
 - Plaque buildup in the arteries



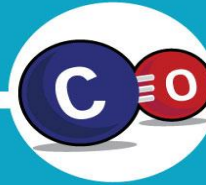


BENEFITS

of Quitting Smoking



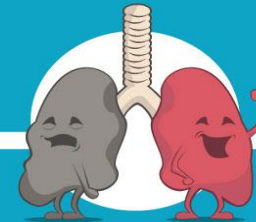
At 20 minutes:
Heart rate and blood pressure drops.



At 12 hours: Carbon monoxide level in your blood drops to normal.



Over the first year of quitting, sense of taste and smell return.



At one to nine months: Coughing and shortness of breath decrease due to better lung function.



At two to five years: Stroke risk can fall to that of a non-smoker.



At ten years: Risk of dying from lung cancer is half that of an active smoker.



Where to start?

- S.T.A.R.T. can help you remember the steps to take to quit smoking
 - S –Set a quit date
 - T –Tell family, friends, and people in your life that you plan to quit
 - A –Anticipate or plan for tough times you will face while quitting
 - R –Remove cigarettes and other tobacco products from your home, car, and work
 - T –Talk to your doctor about getting help to quit

How can I improve my chances of quitting?

- Start exercising
- Stay away from smokers and places you associate with smoking
- Keep gum or hard candy handy in case you get a craving
- Don't give up, slip ups happen. It often takes people a few times to succeed in quitting
- Celebrate small successes



Resources

- There are resources available if you feel you need help in quitting
 - Speak to your doctor
 - Counseling
 - You can call toll free to 1-800-QUIT-NOW for support
 - Visit www.smokefree.gov