



STILL LOOKING FOR A NEW YEAR'S RESOLUTION?

Then just follow the signs...

Quitting smoking consistently lands in the top 5 New Years Resolutions...and by now we all know that there is no "magic bullet" or single answer to the question: *How do I stop smoking?*

So... HOW DO YOU STOP SMOKING?

Well the best way to stop is to **S.T.A.R.T.**[®]:

S = Set a quit date

T = Tell family, friends, and co-workers that you plan to quit

A = Anticipate the challenges you'll face and have plans for them

R = Remove all tobacco products from your home

T = Talk to your doctor about getting help to quit

Also, consider a smoking cessation program. Many hospitals and clinics offer these — check with your local hospital to see if they offer smoking cessation classes. American Cancer Society's **FreshStart** is often available free of charge, or with a returnable deposit. To find a **FreshStart** class in your area, call your local ACS office or **1-800-ACS-2345**.

SO WHY QUIT? WELL...

Do it for your wallet

Smoking a pack and a half a day will cost you almost \$2000 a year (at a modest \$3.50 a pack)!

Do it for your health

Smokers die (on average) 10 years younger.

Do it for your friends and family

By not smoking, you are helping to protect them from deadly secondhand smoke.

Do it for you... because You CAN Do It!

WHAT CAN YOU EXPECT WHEN YOU QUIT?

The health advantages* of quitting start almost immediately and continue to increase for many years:

◆ **20 minutes after quitting:** Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

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

◆ **24 hours after quitting:** Your chance of a heart attack decreases.

◆ **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases up to 30%.

◆ **1 to 9 months after quitting:** Coughing, sinus congestion, fatigue, 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 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 5-15 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, kidney, and pancreas decrease.

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

Of course, don't forget **Georgia's Tobacco Quitline!** They are a resource available everyday of the week. One call to **1-877-270-STOP** can link you to a world of help, both directly over the phone and to local resources, if available.

