

November 17<sup>TH</sup> is

# The Great American Smokeout



## How It Started

In 1971, Arthur Mullaney, a Massachusetts resident, asked people to give up smoking for a day and to donate the money they would have spent on tobacco to a local high school. Lynn Smith, editor of the Monticello Times, led the charge to create Minnesota's first D-Day (Don't Smoke Day). The idea gained momentum; and, the California chapter of the American Cancer Society encouraged nearly one million smokers to quit for the day on November 18, 1976. With the success in California, the ACS took the event nationwide in 1977.

## Join the movement & QUIT NOW!

It is estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking.

- US Centers for Disease Control & Prevention

**Why quit now?** People who stop smoking before age 50 cut their risk of dying in the next 15 years by 50 percent as compared to those who continue to smoke.

**20 min. after quitting:** Your heart rate and blood pressures drop to normal levels.

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

**2 weeks after quitting:** Circulation improves and lung function increases.

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

**1 year after quitting:** Your risk for coronary heart disease is half that of a smokers.

**5 years after quitting:** Your stroke risk is reduced to that of a non-smoker.

**10 years after quitting:** Your risk of dying from lung cancer is about half that of a continuing smoker.

**15 years after quitting:** The risk of coronary heart disease drops to that of a non-smoker.

- American Cancer Society

## Immediate Rewards for Quitting

- Stained teeth get whiter
- Yellowed fingernails return to natural color
- Food tastes better
- Sense of smell returns to normal

