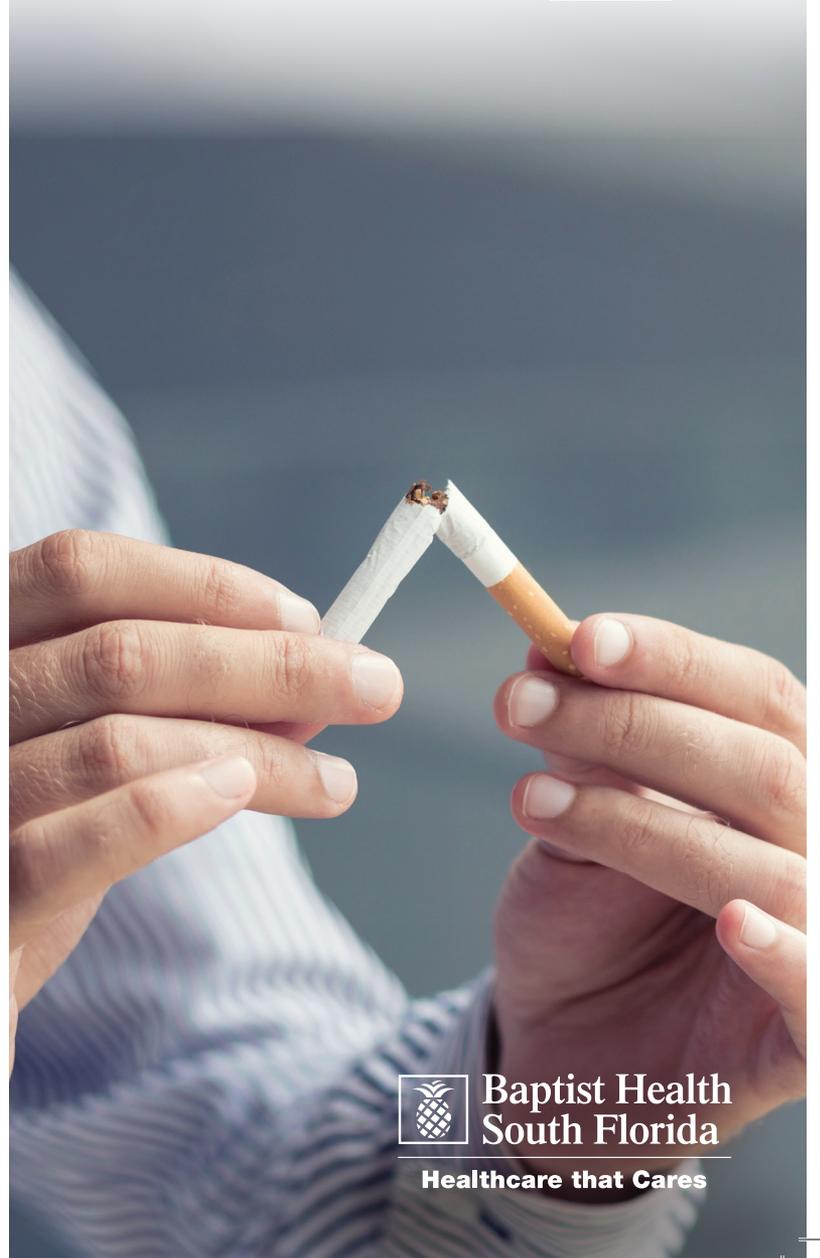


# The Elusive Addiction

# Smoking Cessation Programs



[BaptistHealth.net](http://BaptistHealth.net)



## A healthier you without cigarettes is only 20 minutes away!

- Within 20 minutes: Blood pressure, body temperature and pulse rate become normal.
- Within eight hours: Smokers' breath disappears. Carbon monoxide level in blood drops and oxygen level rises to normal.
- Within 24 hours: Chances of a heart attack decrease.
- Within 48 hours: Nerve endings start to regroup. Ability to taste and smell improves.
- Within three days: Breathing becomes easier.
- Within two to three months: Circulation is improved. Walking becomes easier. Lung capacity increases up to 30 percent.
- Within one to nine months: Sinus congestion and shortness of breath decrease. Cilia that sweep debris from lungs grow back. Energy increases.
- Within one year: Excess risk of coronary heart disease is half that of a person who smokes.
- Within two years: Heart attack risk drops to about average.
- Within five years: Lung cancer death rate for the average former pack-a-day smoker decreases by almost half. Stroke risk is reduced. Risk of mouth, throat and esophageal cancer is reduced to half that of a smoker.
- Within 10 years: Lung cancer death rate for the average former pack-a-day smoker decreases by almost half. Stroke risk of coronary heart disease is the same as for a person who has never smoked.

Source: American Cancer Society and CDC Benefits of Quitting, 2015

## Tips for quitting

- Plan a quit date and throw away all cigarettes on that day.
- Use a nicotine replacement when needed.
- Write down reasons to quit.
- Learn your triggers.
- Drink plenty of water.
- Try relaxation exercises to keep calm.
- When you have the urge to smoke, try deep breathing.
- Find activities to keep your hands busy, such as doodling, doing puzzles or playing with a rubber band.
- Call Tobacco Free Florida at **1-877-822-6669** to join a smoking cessation program.

## The Elusive Addiction

Because smoking tobacco products, along with e-cigarettes, is legal and more socially accepted than other types of addictions, many people don't realize that smoking is a true addiction.

Therefore, it may take smokers longer to realize they have an addiction and need help to overcome it.

Baptist Health South Florida's smoking cessation programs are conducted by American Lung Association and Area Health Education Center trained facilitators at identified sites.

The Elusive Addiction program uses clinical assessment and behavior modification, with an emphasis on positive changes, to help the participant become a nonsmoker for life.