

The Elusive Addiction

Smoking Cessation

Programs



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.

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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.

Baptist Health South Florida, in partnership with Tobacco Free Florida and Area Health Education Centers, offers smoking cessation opportunities in Miami-Dade and Monroe counties.

In Miami-Dade County, please call 305-994-9268. In Monroe County, please call 305-743-7111, ext. 205, in the Middle Keys and 305-743-7111, ext. 209, in the Upper Keys.