

the impact of smoking and vaping

**38**

million adults smoke cigarettes.

For your health

Today, smoking continues to be a leading cause of preventable deaths in the United States. Cigarette smoking harms nearly every organ of the body and leads to many diseases. Smoking causes cancer, heart disease, stroke, lung diseases, type 2 diabetes, and other chronic health conditions. There are many benefits to quitting smoking and vaping, if you need help visit <https://smokefree.gov> or scan the QR code to get started today.



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Instant Benefits of Quitting

- Within 20 minutes, blood pressure and pulse rate drop to normal.
- After 8 hours, carbon monoxide level in blood drops and oxygen level increases to normal.
- After 24 hours, chance of heart attack decreases.
- After 48 hours, nerve endings in the mouth and nose start to re-grow improving your ability to taste and smell.
- After 72 hours, bronchial tubes relax and lung capacity increases, making breathing easier.



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Life-long Benefits of Quitting

- After 2 weeks to 3 months, circulation improves, walking becomes easier, and lung function increases up to 30%.
- After 1 to 9 months, coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia re-grow in lungs, increasing ability to handle mucus, cleaning the lungs, and reducing infection; body's overall energy level increases.
- After 5 years, lung cancer death rates for average smokers decrease from 137 per 100,000 people to 72 per 100,000 people.

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Financial Benefits of Quitting

If an average pack of cigarettes costs \$7 and you smoke a pack a day, this is how much you could save!

1 day = \$7

1 week = \$49

1 month = \$210

1 year = \$2,555

10 years = \$25,550

20 years = \$51,100



exercise of the month

Forearm Stretch

- Extend arm, palm facing up.
- With opposite hand, gently bend fingers down until stretch is felt.
- Hold for a count of 6 - 10 with each arm.
- If you have carpal tunnel, use caution.

*Regular movement is fundamental to good health. Moving or changing postures every **30 minutes** is recommended.*

Disclaimer: Always perform stretch and strength exercises using **slow, controlled** movements. If you experience pain, discontinue the exercise. Consult a health care professional for alternative options. HealthSource Solutions is not responsible for injuries resulting from these activities.