

# HealthyBy Choice

...One Day at a Time

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## Great American Smokeout ~ November 21, 2019

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day.

**Start with day one.** Let the Great American Smokeout event on November 21 be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Quitting smoking improves health immediately and over the long term – at any age. Stopping smoking is hard, but you can increase your chances of success with help. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

Most people know that smoking increases their risks for many types of cancer, COPD, heart disease and strokes. But here is a list of other ways smoking tobacco effects your health.

- Wounds taking longer to heal
- Decreased immune system function
- Increased risk of type 2 diabetes
- Decreased sense of smell and taste
- Premature aging of the skin
- Bad breath and stained teeth
- Increased risk of peptic ulcers
- Higher risk of developing rheumatoid arthritis
- Increased risk of gum disease and tooth loss.
- Increased risk for cataracts (clouding of the lenses of the eyes)
- Lower bone density (thinner bones) - a higher risk for broken bones, including hip fracture
- Increased risk for age-related macular degeneration, which can cause blindness



**Within minutes of smoking your last cigarette, your body begins to recover:**

**20 minutes after quitting.** Your heart rate and blood pressure drop.

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

**2 weeks to 3 months after quitting.** Your circulation improves and your lung function increases

**1 to 9 months after quitting.** Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year after quitting.** The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.

**5 years after quitting.** Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Your stroke risk can fall to that of a non-smoker after 2 to 5 years.

**10 years after quitting.** Your risk of dying from lung cancer is about half that of a person who is still smoking. Your risk of cancer of the larynx (voice box) and pancreas decreases.

**15 years after quitting.** Your risk of coronary heart disease is that of a non-smoker's.



*Everyone loves a quitter. Quite smoking!*



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## American Diabetes Month

Diabetes means you have glucose (sugar) levels in your blood that are higher than usual. Your body depends on glucose for energy. When you eat, most of the food turns into glucose. Your blood carries the glucose to other parts of your body.

When you have diabetes, your body has trouble turning glucose into energy. Instead of being used by your body, the glucose builds up in your blood and **your body is starved of energy**.

Diabetes increases the risk of serious health problems like:

- Blindness
- Nerve damage
- Kidney disease
- Heart disease
- Stroke



You may be at risk for type 2 diabetes if you:

- Are over age 40
- Are overweight or obese
- Have a parent or sibling with diabetes
- Are African American, Hispanic or Latino, Native American, Alaska Native, Asian American, or Pacific Islander
- Have had gestational diabetes or given birth to a baby who weighed more than 9 pounds
- Have polycystic ovary syndrome (when a woman's ovaries produce more male hormones than usual)
- Have high blood pressure or cholesterol
- Exercise less than 3 times a week
- Have prediabetes

**The good news is that you can do a lot to prevent or delay getting type 2 diabetes, including:**

- **Watching your weight**
- **Eating healthy**
- **Staying active**

If you have been diagnosed with prediabetes or diabetes, there is help. Visit your doctor and the American Diabetes Association website at <http://www.diabetes.org/> to learn more.



*Eat Well...Move A Lot...Prevent or Delay!*

