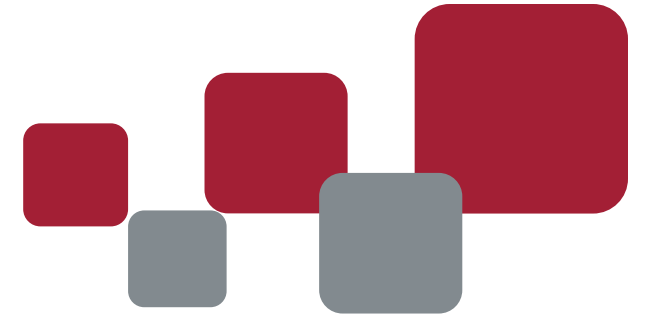


VitalAL
 Improving Wellness in Alabama



Did you know?

- Smoking harms nearly every organ in the body.
- Your smoking is also bad for other people. They breathe in your smoke (secondhand) and can get as many of the same problems smokers do.



Engagement • Collaboration • Education

Visit us at vitalalabama.com

**Because
 WE CARE,
 we ask
 EVERYONE**

What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

Follow us!



#vitalalabama

SMOKING



al-sbirt

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Tips for Cutting Back

Think about changing

- Why do you smoke?
- Why do you like it?
- Why do you want to cut down or stop?

Plan for the change you want

- Set a goal and date for changing your use; make it realistic.
- Share your plan with people you trust, and ask for support.

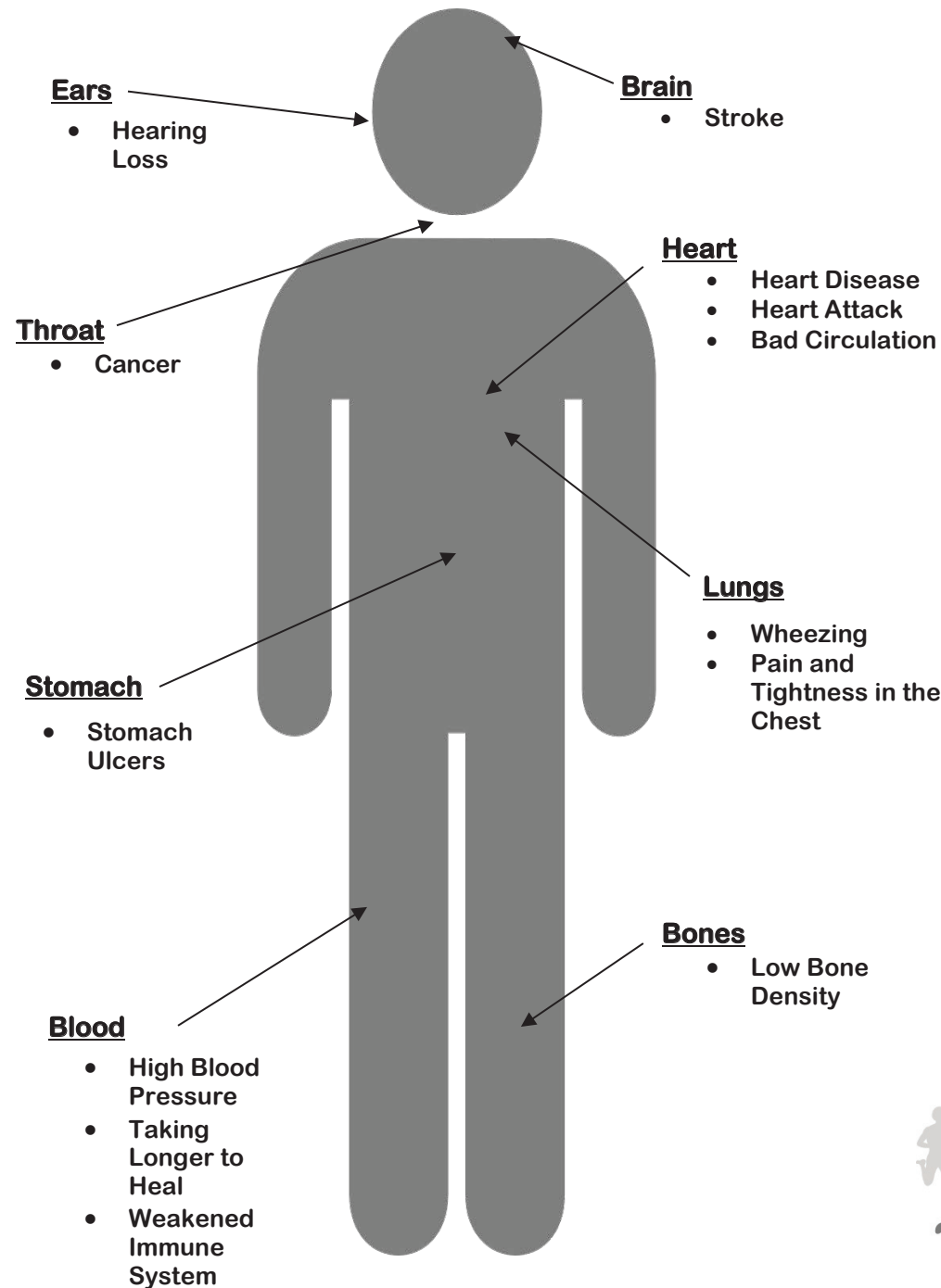
Act on your decision

- Make a list of fun activities unrelated to your use and keep busy.
- Avoid high-risk situations and people who use.

Have a back-up plan

- If you haven't achieved your goal yet, that's okay.
- Consider the situation in which you used and see what could be changed next.
- Review your plan and see if it needs revising.

Effects of Smoking



Quit Smoking Timeline

After 20 minutes

Pulse rate returns to normal.

After 8 hours

Nicotine and carbon monoxide levels in blood decrease by more than half and oxygen levels return to normal.

After 48 hours

Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris. There is no nicotine in the body. Ability to taste and smell is improved.

After 72 hours

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

After 2-12 weeks

Your circulation improves.

After 3-9 months

Coughing, wheezing and breathing problems improve as lung function increases by up to 10%.

After 1 year

Risk of heart disease is about half compared with a person who is still smoking.

After 10 years

Risk of lung cancer falls to half that of a smoker.

After 15 years

Risk of heart attack falls to the same as someone who has never smoked.

