

BENEFITS OF QUITTING SMOKING

20 Minutes

- Blood pressure and pulse rate drops to normal
- Body temperature in hands and feet increases to normal

8 Hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours

- Chance of heart attack decreases

48 Hours

- Nerve endings start to regrow
- Ability to smell and taste is enhanced

2 to 3 Months

- Circulation improves, walking is easier
- Lung function increases up to 30%

1 to 9 months

- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia regrows in lungs and cleans them out and reduces infection
- Body's overall energy increases

1 Year

- Risk of heart disease is half that of a smokers

5 to 15 Years

- Chances of lung cancer decreases by almost half
- Stroke risk is reduced to that of a nonsmoker
- Risk of oral and throat cancer is half that of a smokers
- Precancerous cells are replaced
- Risk of cancer to other organs decreases
- Around 15 years, risk of heart disease is that of a nonsmoker

**SMOKING DOUBLES
THE RISK OF STROKE
WHEN COMPARED
TO A NON-SMOKER.
SMOKING INCREASES
CLOT FORMATION,
THICKENS BLOOD
AND INCREASES
THE AMOUNT OF
PLAQUE BUILDUP
IN THE ARTERIES!**

**Let us help you Quit
Smoking Today!**



Northern Regional Hospital is certified as an Advanced Primary Stroke Center by The Joint Commission. This prestigious advanced certification demonstrates the hospital's expertise and commitment to the community in quickly treating stroke patients and providing the highest level of quality treatment and services according to national standards.

SURRY COUNTY HEALTH & NUTRITION CENTER

(336) 401-8410
118 HAMBY ROAD,
DOBSON, NC 27017
WWW.SURRY.COM



IT'S NOT TOO LATE

TOBACCO
CESSATION



Choose Well. Choose Northern.

THREE ASPECTS OF SMOKING

ADDICTIVE

When using tobacco products nicotine is quickly absorbed into the blood stream, entering the brain within 10 seconds causing the brain to release adrenaline, creating a buzz of pleasure.

The body is able to build up a high tolerance to nicotine which means a person will need to smoke more in order to achieve those pleasurable effects and prevent withdrawal symptoms. Over time this cycle leads to addiction.

HABIT

Many people feel the need to smoke first thing in the morning, with coffee, while on the computer, after lunch or dinner, with alcohol, driving, relaxing, and in a social situation. Repeatedly smoking in these situations makes it a habit that is hard to break.

PSYCHOLOGICAL

Individuals also tend to smoke in order to relieve stress and tension, because they are bored, depressed, angry and even because they are happy.

NO PERSON IN THE UNITED STATES SHALL, ON THE GROUND OF RACE, COLOR, OR NATIONAL ORIGIN, BE EXCLUDED FROM NATIONAL PARTICIPATION IN, BE DENIED THE BENEFITS OF, OR BE SUBJECTED TO DISCRIMINATION UNDER ANY PROGRAM OR ACTIVITY RECEIVING FEDERAL FINANCIAL ASSISTANCE.

SMOKING AND YOUR HEALTH

What Is Heart Disease and Stroke?

Heart disease and stroke are cardiovascular (heart and blood vessel) diseases (CVDs).

Heart disease includes several types of heart conditions. The most common type in the United States is coronary heart disease (also known as coronary artery disease), which is narrowing of the blood vessels that carry blood to the heart.

CHEST PAIN

(tightness, heavy pressure, squeezing, or crushing pain)

HEART ATTACK

(when blood flow to the heart becomes blocked and a section of the heart muscle is damaged or dies)

HEART FAILURE

(when the heart cannot pump enough blood and oxygen to support other organs)

ARRHYTHMIA

(when the heart beats too fast, too slow, or irregularly)

STROKE

A stroke occurs when the blood supply to the brain is blocked or when a blood vessel in the brain bursts, causing brain tissue to die. Stroke can cause disability (such as paralysis, muscle weakness, trouble speaking, memory loss) or death.

Smoking is a major cause of Cardiovascular disease and causes 1 of every 3 deaths from CVD.

Smoking can:

- Raise triglycerides (a fat in your blood)
- Lower "good" cholesterol (HDL)
- Make blood sticky and more likely to clot, which can block blood flow to the heart and brain
- Damage cells that line the blood vessels
- Increase buildup of plaque in blood vessels
- Cause thickening and narrowing of blood vessels

TIPS FOR AVOIDING SMOKING

- Do things and go places where smoke is not allowed.
- Hold something like a paper clip or pencil to replace having a cigarette in your hand.
- Keep something in your mouth like gum or candy.
- Drink a lot of water or fruit juice.
- Take a walk or brush your teeth after meals.
- Stay away from things that connect you to smoking.
- Exercise
- Clean your house and car to get rid of the smoke smell.
- Avoid alcohol

Smoking Cessation Classes

Smoking Cessation Classes are offered every other month at Northern Regional Hospital in collaboration with the Surry County Health Department. We have instructors certified in smoking cessation on site to provide you the help and information you need to stop smoking.

CALL TODAY TO SIGN UP!

For information or to Register for one of these classes please call and provide your name and contact information

Northern Regional Hospital

336-783-8199 or 336-719-7052
www.choosenorthern.org/quit

Surry County Health & Nutrition Center

336-401-8410
www.surry.com

