

Wellness InSTALLments

July 2016 — Volume 4, Issue 1

This month's author: Alyson Brumbaugh

JULY

What happens when you quit smoking?

Within 20 minutes:

Heart rate and blood pressure drop.

Within 12 hours:

Carbon monoxide level in blood drops to normal.

Within 3 months:

Circulation and lung function improves.

Within 9 months:

Coughing will become less and breathing will become easier.

Within 1 year:

Risk of coronary heart disease is cut in half.

After 5 years:

Risk of mouth, throat, esophagus, and bladder cancer are cut in half.

After 15 years:

Risk of coronary heart disease is the same as a non-smoker's.

Be Smart, Don't Start



Most cigarettes, e-cigarettes, and other rolled tobacco products contain nicotine, which is absorbed into your bloodstream and very addictive. **Within 10 seconds of entering your body, the nicotine reaches your brain. It causes the brain to release adrenaline, creating a buzz of pleasure and energy. The buzz fades quickly though, and leaves you feeling tired, a little down, and wanting the buzz again.** This feeling is what makes you light up the next cigarette or other rolled tobacco product. Since your body is able to build up a high tolerance to nicotine, you'll need to smoke more and more cigarettes in order to get the nicotine's pleasurable effects and prevent withdrawal symptoms. This can mean increased financial cost and negative health effects for the smoker, as well as harm done to the environment, and the impact on others by way of second-hand and third-hand smoke.

What do you SAVE by living smoke-free & tobacco-free?

- **MONEY**—On average, a pack of cigarettes in Florida costs about \$6.30 and a 30-ml bottle of e-liquid is \$19.99.
- **SEXUAL PERFORMANCE**—Toxic chemicals in cigarette smoke can damage blood vessels leading to erectile dysfunction. Non-smokers, especially men, have an increased desire or satisfaction.
- **YOUR SKIN**—Smoking can cause your skin to be dry and lose elasticity; your skin tone may become dull and grayish. By your early 30s, wrinkles can begin to appear around your mouth and eyes, adding years to your face.
- **YOUR BONES**—Ingredients in cigarette smoke disrupt the natural cycle of bone health. Compared to non-smokers, smokers have a higher risk of bone fractures, and their broken bones take longer to heal.
- **ABOUT A DECADE**—Life expectancy for non-smokers is more than ten percent longer than smokers. Tobacco is the leading cause of preventable illness and death.



Myths vs. Facts

"The weight gain that comes with quitting smoking is just as unhealthy."

Smokers who quit gain an average of 14 pounds, but the risk posed by the extra pounds is tiny compared to the risk of continuing to smoke.

"I am only a social smoker, so I will not be smoking the rest of my life."

Research shows that **70%** of social smokers turn into habitual smokers. The brain becomes sensitized to nicotine's effect. Thus, all it takes is one cigarette to start the *addiction* process.

"My other healthy habits will make up for my smoking."

Research shows that eating a healthy diet and exercising **does not** reduce the health risks associated with smoking.



Question of the Month

What is one benefit of living smoke-free & tobacco-free?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

"It always seems impossible until it's done."
- Nelson Mandela



PEERS CARE
Educate. Engage. Empower.

