ACCORDING TO THE AMERICAN CANCER SOCIETY-

when smokers quit, benefits begin almost immediately and will continue over time:



welio

HEALTH

Live life well.

YOUR LAST CIGARETTE

20 MINUTES AFTER QUITTING

Your heart rate and blood pressure will drop.

12 HOURS AFTER QUITTING

The carbon monoxide in your blood returns to normal.

2 WEEKS TO 3 MONTHS AFTER QUITTING

Your circulation improves and your lung function increases.

9 MONTHS AFTER QUITTING Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the 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 a continuing smoker's risk.

5 YEARS AFTER QUITTING Risk of cancer of the mouth, throat, bladder, and esophagus are cut in half. Cervical cancer rates fall to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 YEARS AFTER QUITTING The risk of dying is about half that of a person who is still smoking. The risk of cancer to the larynx (voice box) and pancreas decreases.

15 YEARS AFTER QUITTING

The risk of coronary heart disease is now that of a non-smoker's.

And - the benefits will continue over time...

How To Quit The National Wellness Stop Smoking Campaign

David S. Anderson

How To Quit The National Wellness Stop Smoking Campaign:

How to Quit ,1997 How to Quit Orbis Direct Staff,1994 This kit is designed to be a comprehensive self help stop smoking program It is designed to provide the tools techniques and support that will increase the users chances of successfully being able to quit smoking

The Wellness Solution Edward A. Taub, Ferid Murad, David Oliphant, 2006-12

A Practical Guide to Health Promotion After Spinal Cord Injury Indira S. Lanig,1996 A clearly identified but largely unmet need after spinal cord injury is health and fitness promotion This book integrates multifaceted heal th oriented principles and practices into the rehabilitation of those with spinal cord injury and serves as a resource in both rehabilitation facilities and in community based settings Tables figures illustrations and educational handouts complement the text Carefully design ed patient handouts save you time creating self care take home materials and boost compliance

National Prevention Strategy: America's Plan for Better Health and Wellness Regina M. Benjamin, 2011 The Affordable Care Act landmark health legislation passed in 2010 called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans health This Strategy builds on the law s efforts to lower health care costs improve the quality of care and provide coverage options for the uninsured Contents Nat Leadership Partners in Prevention Healthy and Safe Community Environ Clinical and Community Preventive Services Elimination of Health Disparities Priorities Tobacco Free Living Preventing Drug Abuse and Excessive Alcohol Use Healthy Eating Active Living Injury and Violence Free Living Reproductive and Sexual Health Mental and Emotional Well being Illus A print on demand report Balance Your Body, Balance Your Life Edward A. Taub, 2000-12-01 In this powerful and life giving book Edward A Taub M D makes total health rejuvenation a revolutionary approach to nutrition exercise and well being a very reachable and rewarding goal for anyone at any stage of life Shattering the food myths that perpetuate poor health and obesity Dr Taub introduces the world of wholesome natural foods foods that literally revitalize our lives and reaches us how to Understand the human Cycle of Life the key to lifelong wellness end food cravings and break bad eating habits by discovering their origins resolve stress now create your own Personal Wellness Retreat prepare a wealth of delicious savory foods from the cookbook within the book follow and accessible fitness regime of Wellness Yoga Stretching strength training and walking improve body tone and image use properly balanced vitamin and mineral supplements most effectively practice Preventive Theology the powerful link to total mind body health Discover Dr Taub's revolutionary Food Energy Ladder take control of your health destiny with his strategies and begin today to Balance Your Body Balance Your Life Yoga Journal, 1996-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty Health and Wellness Concerns for Racial, Ethnic, and Sexual Minorities Joshua C.

Collins, Tonette S. Rocco, Lawrence O. Bryant, 2014-06-13 Minority status in the United States often accompanies diminished access to education employment and subsequently health care This volume explores factors that have contributed to health disparities among racial ethnic and sexual minorities Focused on developing strategies for understanding these disparities and promoting wellness in minority communities the authors highlight social forces such as racism ethnocentrism sexism and homophobia which continue to influence not only access to and quality of care but also perception and trust of health care professionals The authors identify several common themes including the importance of communication intentional and unintentional discriminatory structures and perhaps most significantly the role of culturally relevant learning sites. This is the 142nd volume of the Jossey Bass series New Directions for Adult and Continuing Education Noted for its depth of coverage it explores issues of common interest to instructors administrators counselors and policymakers in a broad range of education settings such as colleges and universities extension programs businesses libraries and museums The Wellness Rx Edward State and Local Programs on Smoking and Health ,1986 Prevention and Wellness Program United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies, 2004 State & Local Programs on Smoking and Health, 1986

Encyclopedia of Wellness Sharon K. Zoumbaris, 2012-06-06 This wide ranging encyclopedia Prevention . addresses our rapidly changing understanding of health and wellness providing a collection of essays that are up to date and comprehensive in both scope and breadth Encyclopedia of Wellness From A a Berry to Yo Yo Dieting offers expert advice to anyone seeking information on a condition or illness More than that however this three volume resource is a compendium of practical information on how to reduce poor health choices and live a healthy active vibrant life A source of basic easily understandable entries on health and wellness the encyclopedia covers an extraordinarily broad array of health related topics including acupuncture art therapy biofeedback food additives nutrition labels organic foods and workplace wellness Bulimia is covered as are depression autism cancer and environmental hazards Essays examine issues related to healthy living for the mind and the body stressing the importance of the mind body connection to good health Information is also offered on practical concerns such as medical savings accounts changes in medical insurance and the U S health care system Throughout the encyclopedia presents knowledge gleaned from new research on treatment and especially on choices in nutrition and exercise Community Health and Wellness Jill Clendon, Ailsa Munns, 2010-12-15 A new edition of the esteemed nursing text exploring social cultural and political issues affecting individual and community health What makes a healthy community And how can nurses and midwives support community health and wellbeing In Community Health and Wellness 4th Edition Primary health care in practice authors Anne McMurray and Jill Clendon advance the discussion of health as a product of the interaction between people and their environment Engagingly written and based on extensive research this valuable nursing textbook is ideal for nursing students as well as those working in the field Issues such a

gender and cultural inclusiveness provide essential backdrops to evidence based policy research and the provision of equitable health care for all The Miller Family case study This new edition of Community Health and Wellness features a common family case study running throughout the text The Miller family crosses Australia and New Zealand providing examples of primary health care issues in both countries These include child health services accessing care adolescent health contemporary family issues ageing cultural support and inclusive health care global insights with a focus on primary health care practice in Australia and New Zealand promotion of community health care across the lifespan a unique socio ecological approach to community health the Ottawa Charter the Jakarta Declaration and the Bangkok Charter are included as contemporary health promotion guidelines for practice extensive references providing current specific source information Emphasis on health literacy intervention and health promotion An evolving case study runs through each chapter and links to reflective activities Focus on learning outcomes to facilitate the integration of policy research and practice Exploration of Australian and New Zealand nursing and midwifery roles in primary health care practice Strong pedagogy to increase engagement and emphasise key issues Reflective exercises and Action Points encourage readers to consider the key issues their implications and how to move forward Research studies exemplify the central theme of each chapter and promote evidence based practice Evolve eBook and resources **Further Wellness Issues for Higher Education** David S. Anderson, 2016-08-05 This essential resource addresses a range of student wellness issues confronting professionals in college and university settings Building on Wellness Issues for Higher Education this latest volume comprehensively covers key topics that not only contribute to students success in college but also help students maintain wellness after graduation Taking a holistic perspective of wellness coverage includes numerous issues including body image time management financial wellness dependence and recovery issues career planning and civic engagement It also addresses ways of organizing campus efforts on wellness Each topical chapter includes proactive wellness advice and prepares the reader to better understand the facts issues controversies misconceptions and strategies for addressing the issue This practical guide prepares higher education and student affairs professionals to understand the wellness and health issues contributing to their students overall well being both during and after college Morbidity and Mortality Weekly Report ,1995

Aging ,1990 Prevention '91/'92 United States. Office of Disease Prevention and Health Promotion,1992 **Chronic Disease and Health Promotion** ,1999

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