

Fuel Your Wellness

A Newsletter from Chapel Hill Wellness@Work



This month brought to you by Charlie Sapp, LCSW, LCAS

Quitting tobacco is good for your health!

Want to quit smoking or using tobacco for good in 2024? Quitting smoking and using tobacco products can have several positive effects on mental and physical health. Quitting can improve anxiety and lower the risk of many diseases.

Over time, people who quit using tobacco see many benefits to their health. After you smoke your last cigarette, your body begins a series of positive changes that continue for years.

Small changes add up!

Want to quit using tobacco but not sure how? Discouraged by multiple quit attempts?

Quitting tobacco and nicotine products can be challenging due to the addictive nature of nicotine. It is possible with a little planning and starting with achievable goals. With a plan in mind, you can begin enjoying improved overall health, and a little more money in your pocket too!

1

A Quit Date

Setting a quit date makes your goal concrete.

2

Replacements

Try flavored toothpicks, straws, or sugar free candy

3

Quit Buddy

Consider talking with a friend or clinic staff to stay accountable.

What to Expect

After quitting, you may experience temporarily disrupted sleep patterns; irritability; anxiety; difficulty concentrating; increased appetite.



Cravings Go Away

Remember, cravings are temporary! Often lasting around 3–5 minutes.



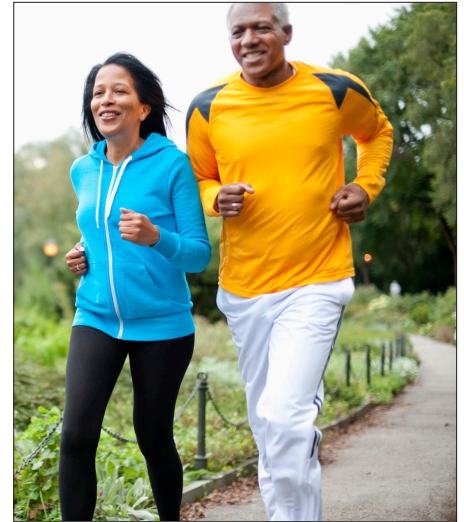
Keep Trying

Think of each quit attempt as practice for quitting for good!

What Happens When You Stop Smoking?

Time after quitting

Minutes	Heart rate drops
24 hours	Nicotine level in the blood drops to zero
Several days	Carbon monoxide level in the blood drops to level of someone who does not smoke
1 to 12 months	Coughing and shortness of breath decrease
1 to 2 years	Risk of heart attack drops sharply
3 to 6 years	Added risk of coronary heart disease drops by half
5 to 10 years	Added risk of cancers of the mouth, throat, and voice box drops by half Risk of stroke decreases
10 years	Added risk of lung cancer drops by half after 10–15 years Risk of cancers of the bladder, esophagus, and kidney decreases
15 years	Risk of coronary heart disease drops to close to that of someone who does not smoke
20 years	Risk of cancers of the mouth, throat, and voice box drops to close to that of someone who does not smoke Risk of pancreatic cancer drops to close to that of someone who does not smoked Added risk of cervical cancer drops by about half



Want to learn more about how you can be rewarded for quitting tobacco in an individual session with Charles Sapp?

Contact him at (919) 923-3774 or at Charles_Sapp@med.unc.edu.
Town employees who quit tobacco are eligible for a \$100 wellness related gift!



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