



Kentucky Personnel Cabinet

Journey to Wellness Supports the Great American Smokeout

Encourage your loved ones who smoke to give it a try

The Journey to Wellness program encourages all smokers to take part in the American Cancer Society's Great American Smokeout (GASO) on Nov. 17. This event challenges people not to smoke cigarettes for 24 hours, hoping their decision to quit will last forever.

Why Quit?

The benefits of quitting smoking are seen within minutes, and the longer you stop the more you reduce your health risks associated with smoking:

- **20 minutes after quitting**
Your heart rate and blood pressure drop.*
- **12 hours after quitting**
The carbon monoxide level in your blood drops to normal.*
- **Two weeks to three months after quitting**
Your circulation improves and your lung function increases.*
- **One to nine 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.*
- **One year after quitting**
The excess risk of coronary heart disease is half that of a continuing smoker's.*

If you are a smoker or have a loved one who smokes, find out more about the Great American Smokeout by clicking [here](#), or if you work in Frankfort, join the Journey to Wellness at its information table from 11 a.m. – 1:30 p.m. at the Transportation Building lobby, 200 Mero St., Frankfort.

Get back the years you would lose to smoking by taking the first step on Nov. 17.

*Taken from the [American Cancer Society website](#)

FOR MORE INFORMATION

Find smoking/tobacco cessation resources at the Personnel Cabinet's [Smoking Cessation website](#).

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