



Kentucky Personnel Cabinet  
Office of the Secretary  
**Employee Bulletin**

**Journey to Wellness promotes Great American Smokeout**

**Thursday Nov. 18, 2010**

**11 a.m. – 1:30 p.m.**

*An information table will be located in the Transportation Building next to the cafeteria*

The American Cancer Society is marking the 35th anniversary of the [Great American Smokeout](#) tomorrow, Nov. 18, by encouraging smokers to make a plan to quit smoking. By doing so, smokers will take an important step towards a healthier life, one that can lead to reduced cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are and where to go for help.

**When smokers quit, what are the benefits over time?\***

- **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) 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 smoker's.
- **Five years after quitting:** Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.
- **10 years after quitting:** The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases, too.
- **15 years after quitting:** The risk of coronary heart disease is the same as a non-smoker's.

**Are you ready to become a non-smoker?** If so, the Journey to Wellness program can help! Journey to Wellness will be hosting smoking cessation classes beginning in early January. More details will follow on locations and times for these classes and opportunities in your county.

## FOR MORE INFORMATION

- American Cancer Society, Great American Smokeout Challenge, <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>
- \*American Cancer Society, Guide to Quitting Smoking, <http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/guide-to-quitting-smoking-benefits>
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- Smokefree.gov, <http://www.smokefree.gov>, provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.
- American Lung Association, <http://www.lungusa.org/stop-smoking/>
- Journey to Wellness, <http://personnel.ky.gov/dei/wellness/smokecess.htm>
- Kentucky Quitline at 1-800-QUIT-NOW (1-800-784-8669)
- 1-877-KEHP-WELL for connections to Humana Health Coaching and Kentucky Cancer Program-Cooper Clayton Smoking Cessation program

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