

Mission In Motion

Health & Wellness Weekly Bulletin

April 2012—Cancer Prevention



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What do you gain when you give up smoking?



Better health! Check out these benefits:

- Within 20 minutes of giving up cigarettes, your heart rate and blood pressure drop. Stay smoke-free for a few months, and your circulation and lung function increase.
- After 12 hours, the carbon monoxide level in your blood drops to a normal level.
- Give yourself one to nine months, and you'll decrease coughing and shortness of breath as your lungs get back to normal. Once this happens, your risk for infection decreases.
- One year after kicking the habit, your risk for heart disease is cut in half.
- As 10 years go by, your risk for developing various cancers dramatically goes down.
- Finally, after 15 years, your chance of having heart disease is the same as a nonsmoker.

Former smokers live longer than people who keep smoking ... that's definitely something to strive for.

Source: American Cancer Society

Human Resources
Dept.

1201 E. 8th Street
Mission, TX 78572

956-580-8630

