
WELL NOW

A Health Newsletter Published By The Student Health Center

THE GREAT AMERICAN SMOKEOUT

QUIT SMOKING FOR
24 HOURS

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WHEN YOU QUIT...

During the first 12 hours

Most research suggests that within 12 hours after your last cigarette, your body immediately begins to heal itself. The level of carbon monoxide in your system will rapidly decline and your heart and lungs will begin to repair the damage caused by cigarette smoke. The risk of having a heart attack or developing lung cancer begins to decline.

During the first 3 days

As your body begins to repair itself, instead of feeling better you may not feel any different. Or you may feel worse; you may experience shortness of breath, tightness in the chest, coughing, gastro-intestinal pains, sweating, headaches, blurred vision, sleeplessness, irritability and depression. But these unpleasant after-effects of quitting are temporary. Your body is recovering and readjusting. To help speed the recovery, be sure that you eat a sensible diet, and drink lots of fluids (6 to 8 glasses of water a day) to wash the toxins out of your body. Get plenty of exercise, fresh air and sleep.

During the first few weeks

You may have more energy and be able to breathe easier. Your sense of smell and taste will improve and if you had a smoker's cough, it will disappear. Your digestive system will begin to return to normal, and if you are prone to headaches, you'll probably have fewer.

During the second and third month

The worst is definitely behind you. Unfortunately, many fail at this stage after a successful start. Every time you are tempted, ask yourself this question: Is the unpleasantness of quitting really worth that cigarette?

Some quitters feel that giving up cigarettes is like losing a best friend. When you find you're dwelling on the emotional loss, think about your personal gains: becoming healthier and stronger. And remember, your body is your best friend.

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