

How Your Body Improves After Quitting Smoking

Becoming Tobacco Free Means a Healthier You

20
mins

- ⇒ Your blood pressure drops to normal
- ⇒ Your pulse/heart rate drops to normal
- ⇒ Your body temperature in your hands and feet go back to normal

1
Day

- ⇒ You are able to taste your food and your sense of smell improves
- ⇒ The nerve endings in your mouth and nose start to repair

3
Days

- ⇒ Your bronchial tubes relax and that makes breathing easier
- ⇒ Your lungs get more oxygen and you can breathe better

1-3
months

- ⇒ Your lungs function up to 33% better
- ⇒ Walking becomes easier
- ⇒ Your blood circulates through your body better

1
Year

- ⇒ Your coughing, congestion, shortness of breath has lessened or stopped
- ⇒ Overall you have more energy

10
Years

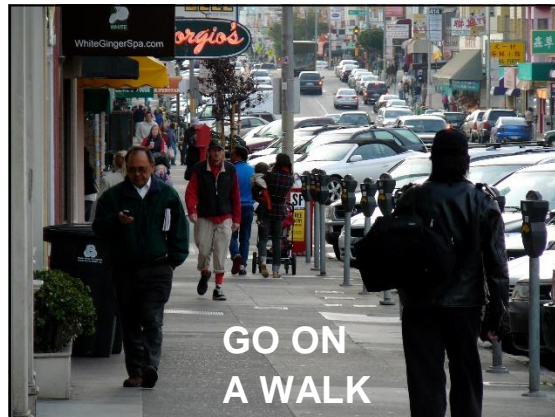
- ⇒ Pre-cancerous cells are replaced with normal cells
- ⇒ Your risk of other cancers (mouth, voice box, throat, kidney, and pancreas) decreases

Source: <http://www.lung.org/stop-smoking/i-want-to-quit/benefits-of-quitting.html>

SYMPTOMS OF RECOVERY

Adapted from American Lung Association- Freedom from Smoking Curriculum

Quitting smoking brings on a variety of recovery symptoms that are both physical and psychological. Most symptoms decrease after the first **THREE DAYS**. Other symptoms slowly go away over the next two to three weeks. For some people, dealing with recovery symptoms is like “riding a roller coaster.” Use this guide to help you gain relief from your symptoms.



SYMPTOM

RELIEF

Irritability

- ☐ Try walks, hot baths, relaxation techniques

Fatigue

- ☐ Take breaks and naps. Get more sleep.

Insomnia

- ☐ Avoid caffeine after 6PM. Try relaxation techniques.

Cough, dry throat, nasal drip

- ☐ Drink plenty of fluids. Try herbal lozenges or chewing gum.

Dizziness

- ☐ Take extra caution when moving around. Change positions slowly.

Lack of concentration

- ☐ Plan workload accordingly. Avoid additional stress during first few weeks.

Constipation, gas, stomach pains

- ☐ Drink lots of fluids, add roughage to your diet (fruits, vegetables, whole grain cereal).

Hunger

- ☐ Drink water or low calorie liquids. Try a handful of nuts or apple slices with almond butter.

Craving for a cigarette

- ☐ Wait out the urge. Cravings last only a few minutes. Distract yourself-have a list of things to do instead and pick one.

THE TRUTH ABOUT MENTHOL TOBACCO

What is Menthol?

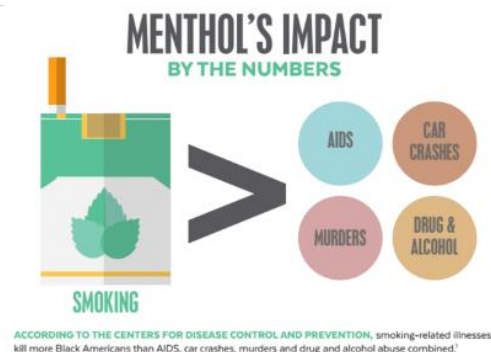
Menthol is a substance found in mint plants that is used as an additive in cigarettes. A cigarette is generally considered a menthol cigarette when menthol makes up at least 0.3% of the cigarette weight.ⁱ

Menthol hooks new smokers by making it easier to smoke.

New smokers often try menthol cigarettes when they first start smoking for 3 reasons:

1. **It makes smoking less harsh.** The cooling and pain-killing properties of menthol decreases the harshness of smokingⁱⁱ
2. **Minty fresh flavor is attractive.** Traditional tobacco flavor is less attractive, especially to new smokers
3. **Menthol makes tobacco more addicting.** Menthol tobacco product users have a harder time quitting than those who use non-mentholated

Tobacco Industry targets youth and minority communities with menthol products



In the 1960s, the tobacco industry began advertising heavily in African-American media and using black models with their products.^{iii,iv} Menthol tobacco products contribute to 30% of the tobacco industry cigarette market.

An RJ Reynold executive highlighted the attitude the industry has toward its customers succinctly in a conversation with a former Winston model- *"We don't smoke the shit, we just sell it. We reserve the right to smoke for the young, the poor, the black and the stupid."*^v

If menthol tobacco products did not exist many tobacco users would quit^{vi}.

Like all cigarettes, menthol cigarettes are harmful and affect every part of the body and causes disease and death. The fact that more African American and youth use menthol and get hooked on tobacco means that more people in those communities are harmed by tobacco.

1 in 2

youth smokers

use menthol cigarettes while only one in three 26-34 year olds smokers⁺

1 in 5

African Americans

smoke menthol cigarettes

African American smokers

11x more

likely to use menthol than White smokers

ⁱ Tobacco Products Scientific Advisory Committee. (2011). "Menthol Cigarettes and Public Health: Review of the Scientific Evidence and Recommendations."

ⁱⁱ Freiberg, M. (2015). ["The Minty Taste of Death: State and Local Options to Regulate Menthol in Tobacco Products."](#) *Catholic University Law Review*. Vol 64. 949-974.

ⁱⁱⁱ Hickey, A. (2013). ["If you're young and black and a smoker, you probably smoke menthols – that's because cigarette companies."](#) *Medill Reports*.

^{iv} Centers for Disease Control and Prevention. (2015). [African Americans and Tobacco Use](#).

^v BBC News. (1999). [Tobacco Wars](#).

^{vi} Moodie-Mills, A. (2011). ["Flavored Disease and Death for Minorities Why the FDA Must Ban Menthol Cigarettes."](#) *Center for American Progress*.

⁺Truth Initiative. (April 2014) Tobacco Fact Sheet- Menthol <http://truthinitiative.org/sites/default/files/LEG-FactSheet-Topical-Menthol-APR2014.pdf>

SECOND HAND SMOKE/VAPE

What is Second-Hand Smoke/ Vape?

Second hand smoke/vape is the smoke or vape that:

1. Comes from a burning cigarette or electronic-cigarette
2. The smoke or vape being exhaled from a person's mouth



Is Second-Hand Smoke from a cigarette safe?

There is NO SAFE LEVEL of second-hand smoke from a cigarette. About 7,000 chemicals, including hundreds that are toxic and 70 that cause cancer, are in second-hand smoke from cigarettes. Second-hand smoke can cause heart disease, lung cancer, and other cancers for non-smokers. Every year, 42,000 non-smokers die due to exposure to second-hand smoke. Children, seniors and those with chronic- disease are especially at risk of being harmed by second-hand smoke or vape. Children who are exposed to second-hand smoke can get respiratory symptoms and infections, worsen asthma, and ear infections.



What about Second-Hand Vape—is that safe?

Electronic cigarettes are new devices and their impact on the health of vapers and non-vapers is still being studied. We do know that electronic cigarettes do not just emit water vapor, instead it the vapor contains nicotine, ultrafine particles and low level of toxins. Some research has found that the nicotine absorbed by non-vapers from second-hand vape is similar to that of non-smokers and second-hand smoke.

How can I protect people from Second-Hand Smoke or Vape?

Becoming tobacco-free is the best way to protect people from second-hand smoke or vape. If you do smoke or vape, please protect others by respecting smoke-free policies in your city or county. In San Francisco, all smoke-free areas are also vape-free, and almost all public spaces are smoke-free/vape-free spaces. If you must smoke or vape in public, you can do so at the curb of the sidewalk.



Smoking/Vaping only
1) at the curb, or
2) if no curb,
at least 15 ft. from
exits, entrances,
operable windows, and vents

SF Health Code Article 10F10N.

When you smoke in your own home, second-hand smoke can still move through ventilation symptoms into other rooms and your neighbor's unit and harm others. Protecting other's health from second-hand smoke or vape is another reason to consider becoming tobacco-free!