

Focus on your *Health*

*we're
all about
you*



It's Quitting Time

According to the American Cancer Society, you can experience the benefits of quitting smoking in as few as 20 minutes after quitting.

Within the first 20 minutes of quitting:

- Blood pressure drops.
- Circulation increases and warms your hands and feet.
- Heart rate goes down.

In eight hours:

- Carbon monoxide levels in blood drop to normal.
- Oxygen levels in blood rise to normal.

In 24 hours:

- Chance of having a heart attack begins to drop.

In 48 hours:

- Sense of taste and smell improve.

Two weeks to three months after quitting:

- Circulation continues to improve.
- Lung function increases as much as 30 percent.

One to nine months after quitting:

- Coughing, fatigue, sinus congestion and shortness of breath decrease.
- Cilia regain normal function in lungs, reducing risk of infection.

One year after quitting:

- Excess risk of heart attack and death from heart disease is cut in half.

Five to 15 years after quitting:

- Risk of stroke is reduced to that of a non-smoker.

15 years after quitting:

- Risk of death is nearly that of people who've never smoked.

And there's more:

- ✓ Your clothes won't smell like smoke.
- ✓ You'll save a lot of money.
- ✓ Smokers who quit by age 50 have cut their risk of premature death in half, compared to continuing smokers.



Protect Your Health with an Influenza Immunization

Influenza (the flu) is no laughing matter. It can even be life-threatening for people with ongoing illnesses. The best way to prevent the flu is by getting a flu shot. The best time to get an annual flu shot is October to mid-November. The Center for Disease Control and Prevention (CDC) recommends that the following people get vaccinated every year:

1. Children aged 6 months up to their 19th birthday
2. Pregnant women
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu, including:
 - a. Health care workers
 - b. Household contacts of persons at high risk for complications from the flu
 - c. Household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

To learn more about the flu and the vaccination, visit www.cdc.gov/flu.

To learn more, visit My Online ServicesSM at the web address shown on your member ID card.

Source: American Cancer Society Benefits of Quitting http://acsf2f.com/gaso/GASO_2007_website/Community/Benefits_of_Quitting.pdf