

Township of Manalapan

COMMUNITY ALLIANCE TO PREVENT ALCOHOLISM AND DRUG ABUSE

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



November 16th is THE GREAT AMERICAN SMOKEOUT

The Great American Smokeout, created by the American Cancer Society, is a day set aside to give smokers a chance to quit. By avoiding cigarettes for one day smokers make a great first step in quitting smoking among friends quitting with them. This rejection of nicotine can reduce one's cancer-risk.

Benefits of Quitting Smoking:

- **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
- **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection
- **1 year after quitting:** The excess risk of coronary heart disease is half that of a continuing smoker's
- **5 years after quitting:** Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years
- **10 years after quitting:** The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases

- **15 years after quitting:** The risk of coronary heart disease is that of a non-smoker's

Tips for Quitting and Staying Quit:

- **Remind yourself of your reasons for quitting and all the benefits to your health, your finances, and your family**
- **Remember that there is no such thing as just one cigarette**
- **Ride out the desire to smoke again because it will go away**
- **Avoid alcohol; it lowers your chance of success**
- **If you're worried about gaining weight, try planning a healthy diet and staying active**

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

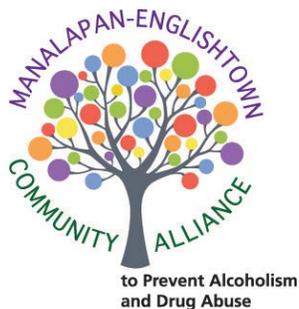
Location:

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576



Our mission is to meet the need for comprehensive alcohol and drug abuse awareness planning and programming to create community-level change in Manalapan Township and Englishtown Borough.