

August Stroke Newsletter

Kick the Habit

Watch for This:

- Tuesday, 8/6, 12-1pm CST—
[Assist the Quit: Practical Approaches to Integrate More Effective Smoking Cessation Conversations into your Practice](#) (Presented by Pfizer Inc).
- Monday, 8/12, 11-12 pm CST— Stroke Patient Management Tool “Office Hours”: FAQs & Updates. [Register Here](#)

For Your Reference:

- [Check out](#) ICAHN's updated stroke materials request form under the “Order Form” section.

Needed:

- The Illinois State Stroke Committee is in need of a provider's presence at the quarterly meetings in Normal, IL at the Normal Fire Dept. Contact Trudi Colby for further details.

Smoking puts you at higher risk for heart disease and stroke. Learn the risks and quit today.

How smoking damages your body:

You probably know about the relationship between smoking and lung cancer, but did you know smoking is also linked to heart disease, stroke, and other chronic diseases?

There are more than 5,000 chemical components found in cigarette smoke and hundreds of them are harmful to human health, according to the Centers for Disease Control and Prevention. Cigarettes, e-cigarettes and tobacco products all contain many dangerous toxins. The best thing you can do for your health is to quit tobacco entirely.

How does smoking cause stroke?

Smoking makes you twice as likely to die if you have a stroke, and the more you smoke, the greater your risk of stroke. Tobacco smoke has many different effects on

the body including thickening the blood, increasing the risk of blood clots, and narrowing the arteries, as well as restricting oxygen in the blood; all of which can increase your risk of stroke. Smokers are also more likely to develop high blood pressure, which is another major risk factor of stroke.

Why should you stop smoking?

Quitting smoking will reduce your risk of a stroke as well as many other health problems.

The benefits start right away:

Within 8 hours, your oxygen levels return to normal and carbon monoxide and nicotine levels reduce by more than half.

48 hours later your ability to taste and smell improves.

Within 72 hours breathing becomes easier and your energy levels go up.

After 2-12 weeks your circulation improves.

Between 3 and 9 months, any coughing and wheezing eases and your lung function improves by up to 10%.

After 1 year your risk of a heart attack is half that of a smoker.

After 10 years your chances of developing lung cancer fall to half that of a smoker.

After up to 15 years your risk of having a stroke is around the same as someone who has never smoked.

Quitting tobacco use is one of the best things you can do to improve your health and add years to your life. Thousands of people kick the habit every year, and you can be one of them!