

# ***Smokers Try to Quit for a Day – and a Life***

A person who chooses to smoke puts themselves and those around them at risk for a number of diseases and illnesses.

Despite what most people may think, lung cancer isn't the only type of cancer to which smokers and their families are susceptible. They are at risk for many other types of cancer as well. There's a 95% chance a smoker will get some type of cancer.

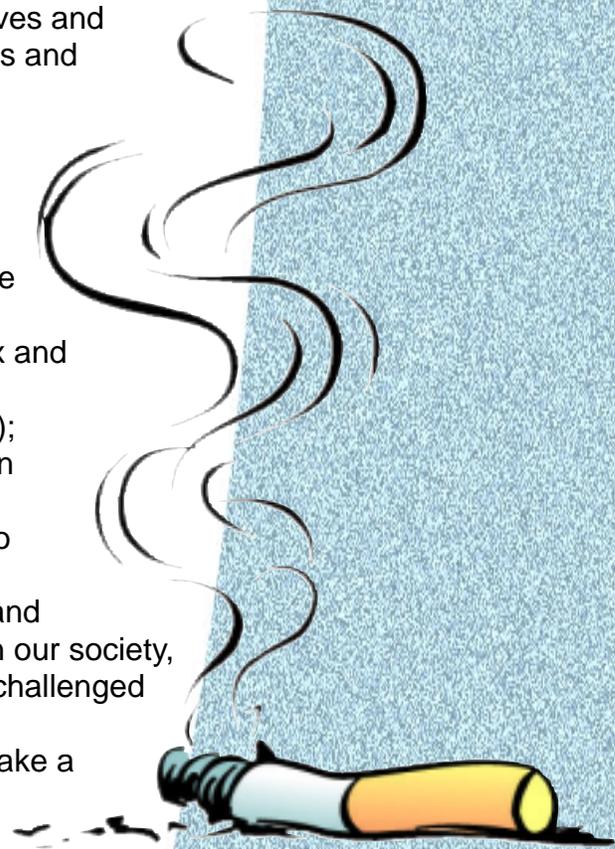
Tobacco use can cause lung, mouth, voice box and breast cancers; heart disease; chronic bronchitis; prematurity; sudden infant death syndrome (SIDS); emphysema and stroke, according to the American Cancer Society (ACS). Each year smoking is responsible for one out of five deaths, according to the ACS.

Because tobacco use is such a serious issue and smoking is the most preventable cause of death in our society, for 25 years the "Great American Smokeout" has challenged smokers to quit for one day.

So, how is quitting for just one day going to make a difference? A number of changes begin to take place in the body shortly after a person quits smoking.

Within 20 minutes after a smoker quits using tobacco, their blood pressure drops to normal. Eight hours after quitting, the carbon monoxide level in their blood returns to normal. Twenty-four hours later, their chances of a heart attack decreases.

Ten years after putting down that last cigarette, the former smoker's lung cancer death rate is about half of a smoker's.



Captain's Call Kit  
Naval Media Center, Bldg. 168  
2713 Mitscher Rd., SW  
Anacostia Annex, DC 20373-5819  
E-mail: [pubs@mediacen.navy.mil](mailto:pubs@mediacen.navy.mil)  
DSN 288- or (202) 433-4380  
Fax: (202) 433-4747

For more information on tobacco cessation, contact your local healthcare provider, or call the American Cancer Society at 1-800-ACS-2345, or [www.cancer.org](http://www.cancer.org)

**NAVY**  
**newsstand**  
[www.news.navy.mil](http://www.news.navy.mil)