

Be Smoke Free

in 7 Weeks



What Happens When You Stop Smoking?

20 MINUTES after your last cigarette

- Blood pressure improves.
- Pulse rate drops to a normal rate.
- Temperature of hands and feet increases to normal.

8 HOURS after your last cigarette

- Carbon monoxide level in the blood drops to normal.
- Oxygen level in the blood increases to normal.

24 HOURS after your last cigarette

- Chance of heart attack decreases.

48 HOURS after your last cigarette

- Nerve endings start to grow back.
- Senses of smell and taste are enhanced.

2-12 WEEKS after your last cigarette

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30 percent.

9 MONTHS after your last cigarette

- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- Overall energy level increases.
- Cilia (hair-like structures) regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.

1 YEAR after your last cigarette

- Excess risk of coronary artery disease is half that of a smoker.

Be Smoke Free

April 6, 2010

5:30 - 7:30 pm

Kootenai Medical Center

(check classroom schedule for location)

Cost: \$50

(\$25 refund upon successful completion of the program)

7-Week Session

Our training follows the American Lung Association's "Freedom From Smoking" program. The course will help you understand your individual smoking habit and make specific plans that will help you quit.

Instructors

Ellen Clark, RPFT, RRT, Respiratory Therapist and Pulmonary Function Technician

Joyce Kratz-Klatt, MS, Cardiac and Pulmonary Rehabilitation Supervisor

Rich White, RRT, Respiratory Therapy Clinical Supervisor

Instructors are certified through the American Lung Association "Freedom From Smoking" program.

To Register Call: (208) 666-2893

One-on-one Counseling

One-on-one counseling sessions are also available. For an appointment, call: (208) 666-2893.

