



Today, smokers across the nation are taking part in the American Cancer Society’s **“Great American Smokeout”** event. This is a great opportunity to quit, or to encourage someone you know to quit smoking.

By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their risk of cancer and heart disease.

Quitting smoking is hard, but it will help you get one step closer to good health. For example:

| | |
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| <input checked="" type="checkbox"/> After 20 minutes smoke-free: | Your heart rate and blood pressure drop to a healthier level |
| <input checked="" type="checkbox"/> After 8 hours smoke-free: | Your blood-oxygen level returns to normal |
| <input checked="" type="checkbox"/> After 12 hours smoke-free: | The carbon monoxide level in your blood drops to normal |
| <input checked="" type="checkbox"/> After 2 days smoke-free: | Your heart attack risk begins to drop |
| <input checked="" type="checkbox"/> After 3 days smoke-free: | Your ability to smell and taste improves |
| <input checked="" type="checkbox"/> After 2-3 weeks smoke-free: | Your lung function improves |
| <input checked="" type="checkbox"/> After 3 months smoke-free: | Your lung function improves by up to 30% |
| <input checked="" type="checkbox"/> After 1 year smoke-free: | Your risk of heart disease is cut in half |

Need help? Call **212-676-2393** to enroll in the Employee Smoking Cessation Assistance Program ([ESCAPE](#)), which is available to ALL New York City government employees and their families.



ESCAPE offers the following quit-smoking support, **FREE** of charge:

- Medications (nicotine patch, gum and lozenge, Zyban® (bupropion) and Chantix® (varenicline))
- Confidential counseling provided by trained specialists in-person or by phone

Call 212-676-2393 for an appointment.

*If you get the ESCAPE voicemail, please leave a message with your name and phone number and an ESCAPE counselor will call you back within 2 days.

