









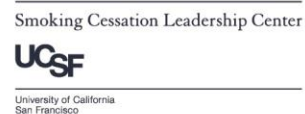
Smoke-free Public Housing: HELPING SMOKERS QUIT

The American Cancer Society Can Help

With the HUD smoke-free rule now in effect, we want to help all residents of public housing who are ready to quit smoking get access to all the support and services they need. Anyone can call us at **1-800-227-2345** anytime, 24 hours a day, to talk to a live person and connect with resources, or visit cancer.org/quittobacco.

How does your body recover after quitting ...

- | | | |
|---------------------|---|---|
| 20 minutes |  | Your heart rate and blood pressure drop. |
| 12 hours |  | The carbon monoxide level in your blood drops to normal. |
| 2 weeks to 3 months |  | Your circulation improves, and your lung function increases. |
| 1-9 months |  | 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 |  | The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically. |
| 5 years |  | The risk of cancer of the mouth, throat, esophagus, and bladder is 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 |  | 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 |  | The risk of coronary heart disease is that of a non-smoker's. |





Smoke-free Public Housing: HELPING SMOKERS QUIT

Help with cancer-related questions and needs

Do your residents need information, support, and resources for other cancer-related needs, too?

Call 1-800-227-2345 or visit **cancer.org** anytime of the day or night to get the latest cancer information and news and help find programs and services in your area. Cancer.org features accurate and reliable information and resources for patients and caregivers before, during, and after treatment. A few areas to check out:

- **Cancer.org/survivors**, a hub for support and treatment topics, treatment and survivorship tools, and stories of hope to inspire
- **Cancer.org/treatmentdecisions**, for cancer treatment decision tools and resources to help get through cancer diagnosis and treatment
- **Cancer.org/support**, with more information about American Cancer Society and other programs and services in your area.
- **Cancer.org/patientlodging**, for information about help with places to stay when residents have to travel for cancer treatment
- **Cancer.org/roadtorecovery**, if residents need help getting a ride to cancer-related treatment or appointments
- **Live Chat** with cancer information specialists, simply by going to cancer.org and clicking on “live chat”
- **Cancer.org/languages**, with links for non-English speakers to cancer information in other commonly spoken languages

