

Save \$3,300 per year by not smoking

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(Medical Xpress) -- The United States is winning the war against smoking. More than 3 million Americans quit smoking every year and fewer are adopting the unhealthy and expensive habit.

“The good news is that smoking rates in the U.S. are declining,” said Dr. Carlos Reynes, integrative medicine, Loyola University Health System’s Gottlieb Memorial Hospital. “From 1965 to 2006, smoking rates fell by half, falling from 42 percent to 20.8 percent of adults and we will continue to do even better through education and incentives.”

The Great American Smokeout, a day sponsored by the American Cancer Society to end smoking, will be held Thursday, Nov. 17, and thousands of smokers are expected to take a 24-hour break from cigarettes.

Physical and Financial Benefits of Kicking the Habit

“Twenty minutes after quitting, your heart rate and blood pressure drop. Twelve hours after quitting, the carbon monoxide level in your blood drops to normal,” said Dr. Reynes. “One year after quitting, the excess risk of coronary heart disease is half that of a continuing smoker.”

And you will save money. “At \$7 to \$9 each, a pack-a-day habit sets you back between \$2,500 and \$3,300 each year,” Dr. Reynes said. “And improved health also will save you trips to the doctor.”

Dr. Reynes is board-certified in internal medicine and also integrative

medicine. "Hypnosis and acupuncture as well as nicotine patches and chewing gums are just a few of the successful tools out there to help smokers kick the habit," he said. "The important step is to make the effort to quit and if you are unsuccessful, to keep trying different techniques."

Reasons to quit smoking:

An estimated 46 million adults in the [United States](#) currently smoke, and approximately half will die prematurely from smoking.

Lung cancer is the leading cause of cancer death for men and women and more than 80 percent of lung cancers are thought to result from [smoking](#).

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., yet more than 46 million Americans still smoke. However, more than half of these smokers have attempted to quit for at least one day in the last year.

Provided by Loyola University Health System

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