

ACTS

Air Canada Technical Services

Health benefits of quitting

Chronologically, according to Health Canada, these are the benefits when one decides to quit smoking:

- 👍 **Within 8 hours**, the carbon monoxide level drops in your body and the oxygen level in your blood increases to normal
- 👍 **Within 48 hours**, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve
- 👍 **Within 72 hours**, your lung capacity increases and breathing becomes easier
- 👍 **Within 2 weeks to 3 months**, blood circulation improves and your lung functioning increases up to 30 percent
- 👍 **Within 6 months**, coughing, sinus congestion, tiredness and shortness of breath improve
- 👍 **Within 1 year**, your risk of suffering a smoking-related heart attack is cut in half
- 👍 **Within 10 years**, the risk of dying from lung cancer is cut in half
- 👍 **Within 15 years**, the risk of dying from a heart attack is equal to a person who never smoked.

Quit smoking now

EAP encourages employees to put an end to the “deadly addiction”



The IAM/company Employee Assistance Program (EAP) is encouraging employees to keep their New Year's resolutions to quit smoking.

“Hopefully this will be the New Year's many will quit smoking and stop for good,” said **Brian Bethell**, Western Regional EAP Coordinator, who was once a “social smoker” himself.

“I quit for the sake of my health, and I encourage others to do the same,” he told *Leading Edge*. “Whether it's a habit or addiction, or both, there are helpful support programs available to employees.”

Cigarettes, one of the most addictive and destructive over-the-counter drugs known to modern man, are one of the few legal substances openly available that can injure or kill when used as intended. Cigarette “tar” – the condensed solid particles

in smoke – contains about 4,000 known chemicals, including poisons, and 50 cancer-causing substances. Many have been linked to disease, including: arsenic, acetone, ammonia, carbon monoxide, cyanide, lead, mercury and nicotine.

The fact is, each year, 45,000 Canadians die too early because of smoking.

Scientists report nicotine from inhaled cigarette smoke reaches the brain in seven to 10 seconds. Once in the brain, nicotine improves mood (i.e. relieves stress) and the ability to focus. After about 90 minutes, when the nicotine is absent, the smokers may experience anxiety, cravings or loss of focus. Lighting up another cigarette relieves these feelings and the pattern is repeated through the day.

In addition to immediate effects like shortness of breath, chronic cough, increased heart rate and blood pressure, and “ulcer-like” stomach pains, smoking causes a wide range of conditions, from heart disease to cancer to infertility. The fact is, each year, 45,000 Canadians die too early because of smoking.

“Fortunately, smoking rates are declining in Canada,” said **Gilles Fillion**, Montreal EAP Coordinator, who too is a former smoker.

According to the Canadian Tobacco Use Monitoring Survey, the smoking rate in 1999 was 25 per cent. In 2003 it declined to 21 per cent, and in 2004, it dropped to an all-time low of 20 per cent (22 per cent men, 17 per cent women).

“Any employee who is trying to or wants to quit smoking should contact their local EAP coordinator,” said Fillion. “We're here to help and have several resources available.”

Want to quit smoking for good?

The EAP has several resources available. Contact an EAP representative in your area today.



National Office
Denis Yelle (888) 992-1010

Atlantic Region
Jeff Mc Aulay (902) 223-7911

Montreal
Gilles Fillion (514) 972-4095

Toronto
Ron Rawding (416) 882-6997

Winnipeg
Elvira Tonelete (204) 471-5307

Calgary
Art Gorham (403) 880-2589

Vancouver
Brian Bethell (604) 992-4491

How much lifetime and money has nicotine stolen from you? Find out at www.quitnow.ca