

# Benefits of **QUITTING SMOKING**



## Stop smoking, and within ...

### 20 minutes

Your blood pressure, pulse rate, and body temperature all return to normal.

### 8 hours

Your blood carbon monoxide level drops, and your blood oxygen level increases to normal.

### 24 hours

Your chance of having a heart attack decreases.

### 48 hours

Your nerve endings start to regrow, and your ability to taste and smell greatly improves.

### 72 hours

Breathing becomes easier, and your energy levels increase.

### 2–12 weeks

Your circulation improves, walking gets easier, and your lungs begin to work better.

### 1–9 months

Coughing, sinus congestion, fatigue, and shortness of breath all decrease.

### 1 year

Your added risk of getting coronary heart disease is half that of a current smoker.

### 5 years

Your risk of getting cancer of the mouth, throat, or esophagus is cut in half. Also, your risk of a stroke starts to become the same as that of someone who has never smoked.

### 10 years

Your risk of lung cancer is about half that of a smoker, and your risk decreases for cancer of the bladder, cervix, kidney, and pancreas. Your risk of having ulcers is also reduced.

### 15 years

You have the same risk of dying as a person who has never smoked. The same is true for your risk of getting coronary heart disease.

### Plus ...

If you're pregnant and stop smoking early in pregnancy, your risk of having a baby born too small drops to normal. Your baby is also less likely to have other problems caused by smoking.

### Quitting Really **IS** Worth It

Quitting smoking is the greatest single step you can take to improve your health. It doesn't matter how long you've been smoking, how old you are, or how bad your health is—quitting smoking has major and immediate benefits for everybody.

Talk to your healthcare professional about making a plan to quit smoking. Quitting smoking can be difficult, but millions of former smokers have done it successfully, and you can, too!