

BENEFITS OF QUITTING

Even as soon as 20 minutes after a smoker smokes their last cigarette, their body begins the healing process.

Short-term Benefits

At 20 minutes after quitting:

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

At 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

At 24 hours:

- Chance of a heart attack decreases

At 48 hours:

- Nerve endings start to regrow
- Ability to smell and taste is enhanced

The First Year after Quitting

At 2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases

1 to 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases

1 year:

- Excess risk of coronary heart disease is decreased to half that of a smoker

Long-term Benefits

At 5 years:

- From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.

At 10 years:

- Risk of lung cancer drops to as little as one-half that of continuing smokers
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- Risk of ulcer decreases

At 15 years:

- Risk of coronary heart disease is now similar to that of people who have never smoked
- Risk of death returns to nearly the level of people who have never smoked

Other Benefits of Quitting

- Smoking is **EXPENSIVE**. It might be helpful to remind your clients that their wallet will thank them for quitting.
- No odor of smoke in their clothes and hair
- A healthy example for children and grandchildren
- A more sensitive sense of smell
- A better sense of taste
- Healthier family members, particularly children and grandchildren

Good News: It is NEVER TOO LATE to STOP!

A smoker who quits smoking is likely to add years to their life, breathe more easily, and have more energy.

Sources:

American Cancer Society; Centers for Disease Control and Prevention