



Health Benefits of Quitting for You and Others



FOR YOU

Immediate Benefits

- **20 Minutes:** Heart rate and blood pressure drops to normal; body temperature of hands and feet increase.
- **8 - 12 Hours:** Carbon monoxide level in blood drops to normal; oxygen level in blood increases to normal.
- **24 Hours:** Chance of heart attack decreases.
- **48 Hours:** Ability to smell and taste is enhanced.
- **2 - 3 Months:** Circulation improves and lung function increases.

In the First Year

- **1 - 9 Months:** Coughing and shortness of breath decreases; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, allowing the ability to clean the lungs and reduce risk of infection.
- **1 Year:** The risk of excess coronary heart disease is half that of a smoker.

Long Term

- **5 Years:** Risk of stroke is reduced to that of a non-smoker
- **10 Years:** Risk of lung cancer is about half that of a continuing smoker; risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
- **15 Years:** Risk of coronary heart disease is now similar to that of a non-smoker.

FOR OTHERS

- Women who stop smoking before becoming pregnant have infants of the same birth weight as a non-smoker.
- Risk of Sudden Infant Death Syndrome (SIDS), ear infections, allergies, asthma, and bronchitis and other lung problems are reduced.
- You become a good role model for your children and others as they see character and will power.