

# QUIT SMOKING

**EVERYONE KNOWS YOUR HEALTH IMPROVES WHEN YOU QUIT SMOKING OR CHEWING. BUT YOU MIGHT BE SURPRISED AT HOW FAST IT HAPPENS.**



## **20 MINUTES AFTER QUITTING**

Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.



## **12 HOURS AFTER QUITTING**

The carbon monoxide level in your blood begins to drop to normal.



## **2 WEEKS TO 3 MONTHS AFTER QUITTING**

Your circulation and lung function improves.

## **1 TO 9 MONTHS AFTER QUITTING**

Coughing, sinus congestion, fatigue and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to clean the lungs and reduce infection.



## **1 YEAR AFTER QUITTING**

The excess risk of coronary heart disease is half that of a tobacco user.



## **5-15 YEARS AFTER QUITTING**

Your stroke risk is reduced to that of a nonsmoker.



## **10 YEARS AFTER QUITTING**

The lung cancer death rate is about half that of a continuing tobacco user. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

## **15 YEARS AFTER QUITTING**

The risk of coronary heart disease falls to that of a nonsmoker's.



### **RESOURCES:**

**1-800-QUIT-NOW | [WWW.SMOKEFREE.GOV](http://WWW.SMOKEFREE.GOV) | [WWW.CDC.GOV/TOBACCO/QUIT\\_SMOKING](http://WWW.CDC.GOV/TOBACCO/QUIT_SMOKING)**

**STRONG  
HEARTS**  
REHABILITATION  
CENTER

**LITTLE ROCK | 7 SHACKLEFORD WEST BLVD  
PHONE: (501) 978-3780 | FAX: (501) 687-6880**

**RUSSELLVILLE | 209 S. PORTLAND AVE  
PHONE: (479) 317-7010 | FAX: (479) 498-0321**