



The Health Benefits of Quitting Smoking

Tobacco use has numerous documented negative health effects, affecting nearly every organ in the body. Quitting smoking, however can lead to positive, immediate, and long-term health benefits. It is never too late to quit.



On the 1 st day of your quit... ¹
Within <u>20 minutes</u> , your heart rate and blood pressure drop.
Within <u>12 hours</u> , the carbon monoxide level in your blood drops to normal.
Within <u>24 hours</u> , your chance of a heart attack decreases.

In the 1 st year of your quit... ¹
Within <u>1 month</u> , your skin appearance improves.
Within <u>3 months</u> , your circulation and lung function is better.
Within <u>9 months</u> , you will cough less and breathe easier.

After 1 year of being quit... ¹
After <u>1 year</u> , your risk of coronary heart disease is cut in half.
After <u>5 years</u> , your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Additionally, your risk of cervical cancer and stroke return to normal.
After <u>10 years</u> , you are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases.
After <u>15 years</u> , your risk of coronary heart disease is the same as a non-smoker's.

Other benefits of quitting include...^{2,3}

- Lower levels of cholesterol and fats circulating in your blood
- Thinner blood which makes you less likely to develop blood clots
- Reduced belly fat and lowered risk of diabetes
- Wound healing improves
- Temperature of hands and feet return to normal
- Fatigue and shortness of breath decrease
- Reduced risk of bone fractures
- Smell and taste improve

Are you ready to quit tobacco?

- Talk to your health care provider, dental provider, or health promotion team member
- Use a web-based program or resource to help you quit such as www.ucanquit2.org or <http://smokefree.gov/>
- Call 1-800-QUIT-NOW to be linked to your local state quitline for advice, resources, or a counseling program
- Sign-up for a text messaging program: <https://smokefree.gov/smokefree-text-messaging-programs> or [SmokefreeMIL](https://smokefree.gov/smokefree-mil)



References

- 1 U.S. Department of Health and Human Services. Get on the Path to A Healthier You. U.S. Department of Health and Human Services. <https://betobaccofree.hhs.gov/gallery/quit-infographic-text.html>.
- 2 Centers for Disease Control and Prevention. Quitting Smoking. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/. Updated 21 May 2015.
- 3 Smokefree.gov. Benefits of Quitting. <https://smokefree.gov/quitting-smoking/reasons-quit/benefits-quitting>.