



# **The Health Benefits of Quitting Smoking**

Tobacco use has numerous documented negative health effects, but quitting tobacco can lead to positive, immediate and long-term health benefits. Quitting tobacco while recovering from a wound, illness, or injury may be challenging, but the benefits can be vast and improve your overall recovery, resilience, and healing.

<b>On the 1st day of your quit...</b>
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.



<b>In the 1st year of your quit...</b>
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.

<b>After 1 year of being quit...</b>
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...**

- Wound healing improves
- Temperature of hands and feet return to normal
- Lung function increases up to 30%
- Fatigue and shortness of breath decrease
- Reduced risk of infection
- Smell and taste improve

## **Are you ready to quit tobacco?**

- Talk to your healthcare provider, dental provider, or health promotion team member
- Use a web-based program or resource to help you quit such as [www.ucanquit2.org](http://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



## References

The American Cancer Society, Inc. Freshstart® Facilitator's Guide. 2005.

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[http://www.cdc.gov/tobacco/data\\_statistics/sgr/sgr\\_2004/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/index.htm). Published 2004.

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