

## Smoking Benefits of Quitting

Smoking is the single most preventable cause of death. It affects your health in many negative ways. These include a decrease of blood flow to important organs and an increase in heart rate. Smoking not only affects your health but the health of loved ones around you as well.

Quitting smoking can be one of the most important things you will ever do. The risk of dying from any cause is nearly 3 times higher among current smokers compared to those who never smoked. The risk of dying from smoking-related cancers is increased 7 times. The following table shows the benefits of quitting after certain lengths of time.

| Time Period         | Benefits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| 20 minutes          | <ul style="list-style-type: none"> <li>Your heart rate drops towards a normal rate.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 12 to 24 hours      | <ul style="list-style-type: none"> <li>Carbon monoxide levels in blood drop to normal.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 2 weeks to 3 months | <ul style="list-style-type: none"> <li>Breathing is easier, less shortness of breath, less coughing, fewer sinus infections</li> </ul> <p>The following begin to return to normal levels:</p> <ul style="list-style-type: none"> <li>Heart rate, pulse and blood pressure</li> <li>Body temperature of the hands and feet</li> <li>Oxygen levels in tissue</li> <li>Circulation</li> <li>Sense of smell and taste</li> </ul> <p>The following begin to decrease:</p> <ul style="list-style-type: none"> <li>Allergy flare-ups</li> <li>Mucous and phlegm</li> </ul> |
| 3 months            | <ul style="list-style-type: none"> <li>Healthier, brighter skin is often seen.</li> <li><b>You will have saved at least \$644* by this time.</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                         |
| 1 year              | <ul style="list-style-type: none"> <li>The risk of having a heart attack from coronary artery disease (CAD) is reduced by one half.</li> <li>If pregnant, the chance of having a healthy baby increases.</li> <li><b>You will have saved approximately \$2,555* by this time.</b></li> </ul>                                                                                                                                                                                                                                                                        |
| 5 years             | <ul style="list-style-type: none"> <li>The risk of a heart attack or stroke is reduced to that of a nonsmoker.</li> <li>The risk of developing the following cancers is cut in half:                             <ul style="list-style-type: none"> <li>Mouth</li> <li>Throat</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                |

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|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                | <ul style="list-style-type: none"> <li>- Esophagus</li> <li>- Bladder</li> </ul> <p>• <b>You will have saved up to \$12,775*.</b></p>                                                                                                                                                                                                                                                                                                                                                                            |
| 10 to 15 years | <ul style="list-style-type: none"> <li>• The risk of lung cancer is now almost half that of average smokers.</li> <li>• Risk of coronary heart disease and stroke is the same as a non-smoker.</li> <li>• Ten (10) years after quitting, the risk of the following cancers is reduced: <ul style="list-style-type: none"> <li>- Larynx</li> <li>- Oral cavity</li> <li>- Esophagus</li> <li>- Pancreas</li> <li>- Kidney and bladder</li> </ul> </li> </ul> <p>• <b>You will have saved up to \$38,325*.</b></p> |
| 15 to 30 years | <ul style="list-style-type: none"> <li>• <b>You will have saved up to \$76,650*.</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                  |

\*Based on \$7.00/day for 1 pack of cigarettes

## Sources

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