

## WHEN SMOKERS QUIT...

*After you smoke that last cigarette,  
your body begins a series of changes that continue for years.*

### SHORT-TERM BENEFITS

- 20 minutes after quitting your heart rate drops.
- 12 hours after quitting the carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting your heart attack risk begins to drop and your lung function begins to improve.
- 1 to 9 months after quitting your coughing and shortness of breath decrease.

### LONG-TERM BENEFITS

- 1 year after quitting your risk of coronary heart disease is half that of a smoker's.
- Your stroke risk is reduced to that of a non-smoker's 5-15 years after quitting.
- 10 years after quitting your lung cancer death rate is about half that of a smokers and your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas also decrease.
- 15 years after quitting your risk of coronary heart disease is back to that of a non-smoker's.

### THE REWARDS OF QUITTING SMOKING ARE ALSO SUBSTANTIAL

- Premature wrinkling of skin will subside
- Food will taste better
- Clothes, breath and hair won't smell
- Fingernails and teeth won't be stained yellow
- Sense of smell will return to normal
- Ordinary activities will no longer leave you out of breath
- You will save money. Consider how much you spend on smoking per day...per year...every 10 years. And remember, this doesn't include other expenses, such as higher costs for health and life insurance, as well as the health care costs due to tobacco related conditions.

### READY TO QUIT?

- If you are ready to quit, call the Center for Health Education and Promotion (288-5217) to set up an appointment with a Health Educator to help you make a quit plan.
- You can also contact the Wisconsin Tobacco Quit Line at (800) QUIT-NOW. The Quit Line can help you make a plan as well as support you after you quit.

*Adapted from the Center for Tobacco Research and Intervention*



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