

**WHAT HAPPENS WHEN YOU QUIT****Quitting improves your appearance:**

- ☑ Healthier skin.
- ☑ Fresher breath.
- ☑ Whiter, healthier teeth.

**Other benefits:**

- ☑ Your clothes and hair smell better.
- ☑ Your senses of taste and smell improve.
- ☑ Work and exercise without losing your breath.
- ☑ You'll have more money.

**REAP THE BENEFITS – FAST.**

Everyone knows your health improves when you quit smoking/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.

**24 hours after quitting:** Your chance of a heart attack decreases.

**2 weeks to 3 months after quitting:** Your circulation and lung function improve.

**1 to 9 months after quitting:** Coughing, sinus congestion, fatigue and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) 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.

*Sources: U.S. Surgeon General's Reports*