

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 nonsmoker's 5-15 years after quitting.
- 10 years after quitting your lung cancer death rate is about half that of a smoker's 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 nonsmoker's.

The visible rewards of quitting smoking are also substantial

- Premature wrinkling of the 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

Ready to Quit?

- If you are ready to quit, call 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.
- Smokers who call the Quit Line are 3 to 4 times more likely to successfully quit.
- Additional services that can help you quit are listed at www.ctri.wisc.edu.

The prospect of better health is a major reason for quitting, but also consider this – **smoking is expensive!**

Consider how much you spend on smoking a day...a 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.

Information for this fact sheet came from the Centers for Disease Control and Prevention & The University of Wisconsin Center for Tobacco Research and Intervention.



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It may be found at www.tobwis.org, or ordered by calling (800) 248-9244

The Tobacco Control Resource Center is a part of the Wisconsin Clearinghouse for Prevention Resources