

BENEFITS OF Quitting Smoking

Regardless of your age, it's never too late to kick the habit. As soon as you quit, your body begins to reap immediate and long-term rewards.



20 Minutes After Quitting

Your heart rate drops to a normal levels.

12 Hours After Quitting

Carbon monoxide levels in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your risk of having a heart attack begins to drop and lung function begins to improve.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

5 to 15 Years After Quitting

Your risk of having a stroke is reduced to that of a nonsmoker's.

10 Years After Quitting

Your risk of dying from lung cancer is about half that of a smoker's.

15 Years After Quitting

Your risk of coronary heart disease is the same as that of a nonsmoker.



TIPS FOR QUITTING SUCCESSFULLY

Make a list of reasons you want to quit. Keep this list and read it often.

Get support. Let your friends know you may call them to chat when you have an urge to smoke.

If you've tried to quit before without success, this time avoid the triggers that may cause the relapse.

Make the most of slip-ups. Try to learn from them, and then get back on track.

Be accountable to your friends and your calendar so that you stay on track.



DID YOU KNOW?

- 95% of smokers are able to quit with the help of a doctor or counseling program.
- Each day more than 3,000 people under the age of 18 smoke their first cigarette.
- One out of 5 deaths of Americans is related to smoking.



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SOURCES: AMERICAN LUNG ASSOCIATION, CDC, THE STAYWELL COMPANY, LLC