

## **Did you know that?**

**20 minutes after quitting:** Your heart rate and blood pressure drops

**12 hours after quitting:** The carbon monoxide level in your blood drops to normal

**2 to 3 months after quitting:** Your circulation improves and your lung function increases

**1 to 9 months after quitting:** Coughing 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 handle mucus, clean the lungs, and reduce the risk of infection

**1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's

**5 years after quitting:** Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting

**10 years after quitting:** The lung cancer death rate is about half that of a person who continues smoking- The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease also

**15 years after quitting:** The risk of coronary heart disease is the same as a non-smoker's

### **Immediate rewards of quitting:**

- Your breath smells better
- Stained teeth get whiter
- Bad smelling clothes and hair go away
- Your yellow fingers and fingernails disappear
- Food tastes better
- Your sense of smell returns to normal
- Everyday activities no longer leave you out of breath (such as climbing stairs or light housework)

**In addition the amount of money you will save will probably shock you!**