

# Want to Quit Smoking?



Quitting smoking is one of the most important steps you can take to improve your health. Each year, nearly half a million U.S. adults, including those exposed to secondhand smoke, die early from smoking-related disease.

# Three Good Reasons to Quit Smoking

- Quitting smoking improves your physical health and reduces your risk of heart disease, cancer, and many other conditions.
- 2. Quitting smoking can save you on healthcare costs each year.
- Quitting smoking can improve your mental well-being. It can reduce depression, anxiety, and improve your overall quality of life.

## For information about quitting smoking, visit CDC.gov/quit.

\*These guidelines are provided by Center for Disease Control And Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

# How to Quit Smoking?

There are many ways to help you quit smoking.

- √ Create a plan for managing your cravings
- √ Find social support
- √ Counseling or coaching
- Medication can help. Ask your doctor if using medication to quit smoking is right or you

Remember, even if you've tried to stop smoking before, the key to success is to keep trying and not give up. More than half of U.S. adults who have a history of smoking have successfully quit!

# What To Expect When You Quit\*

# The First 20 Minutes

Nicotine in your body reduces lowering your blood pressure and heart rate

## After Two Weeks

Improved circulation and lung function

#### After One Year

Reduced risk of heart disease

## After 10 Years

Half as likely to die from lung cancer Lower risk of larynx or pancreatic cancer

#### The First 2-5 Minutes

Strongest cravings

## After 12 Hours

Blood's carbon monoxide levels lower

# After One To Nine Months

Deeper breathing returns Less and clearer coughs Reduced risk of infection

## After 5 Years

Decreased risk of cancer of the mouth, throat, esophagus, and bladder

Cervical cancer and stroke risk also decrease

#### After 15 Years

Risk of coronary heart disease is the same as a non-smoker's

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Content sourced from the Center for Disease Control and Prevention (CDC) <a href="https://www.cdc.gov/asthma/">https://www.cdc.gov/asthma/</a>

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