

Why Quit?

Your tobacco use endangers your health.
It's expensive.
Smoking harms the health of others.
You can set a positive example for children and loved ones.



But is it too late?

No! Regardless of a tobacco user's age, smoking history, or health, there are advantages to quitting tobacco.

For example, people who quit smoking live longer than those who continue to smoke. Benefits begin as soon as you put out that last cigarette.

In 20 minutes: blood pressure and pulse drop to normal.

In 8 hours: in the blood, oxygen level increases to normal, and carbon monoxide level drops to normal.

In 24 hours: chance of heart attack decreases.

In 2 weeks – 3 months: circulation and lung function improve. Walking becomes easier.

In 1 – 9 months: coughing, congestion, fatigue, and shortness of breath decrease.

In 1 year: risk of heart disease due to smoking is cut in half.

In 5 years: stroke risk reduced to nonsmoker.

In 10 years: precancerous cells are replaced. Lung cancer deaths similar to nonsmokers.

In 15 years: risk of heart disease that of a nonsmoker.



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