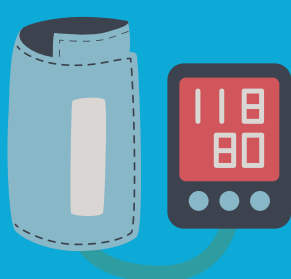


QUIT SMOKING

1-800-QUIT-NOW

EVERYONE KNOWS YOUR HEALTH IMPROVES WHEN YOU QUIT SMOKING OR CHEWING. BUT YOU MIGHT BE SURPRISED AT HOW FAST IT HAPPENS.

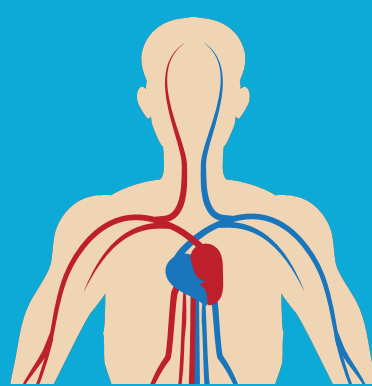


20 MINUTES AFTER QUITTING:

Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

12 HOURS AFTER QUITTING:

The carbon monoxide level in your blood begins to drop to normal.



2 WEEKS TO 3 MONTHS AFTER QUITTING:

Your circulation and lung function improve.



1 TO 9 MONTHS AFTER QUITTING:

Coughing, sinus congestion, fatigue 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 clean the lungs and reduce infection.

1 YEAR AFTER QUITTING:

The excess risk of coronary heart disease is half that of a tobacco user.



5-15 YEARS AFTER QUITTING:

Your stroke risk is reduced to that of a nonsmoker.

10 YEARS AFTER QUITTING:

The lung cancer death rate is about half that of a continuing tobacco user. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

1/2



15 YEARS AFTER QUITTING:

The risk of coronary heart disease falls to that of a nonsmoker's.

uwhealth.org/lungcancer • ctri.wisc.edu

Source: 2004 U.S. Surgeon General

