

BENEFITS OF QUITTING

It is never too late to quit! As soon as you quit smoking, your body begins to heal itself, and the benefits begin to appear almost immediately. Quitting smoking is the #1 thing you can do for your health over and above anything else.

<i>AFTER:</i>	You will experience:
<i>20 Minutes</i>	Heart rate, blood pressure, and body temperature return to normal.
<i>8 hours</i>	The carbon monoxide level in your blood returns to normal. Circulation improves.
<i>24 hours</i>	Chance of heart attack decreases.
<i>48 hours</i>	Nerve endings start to regrow. Ability to smell and taste is enhanced.
<i>3 days</i>	Body is free of nicotine. Bronchial tubes relax, making it easier to breathe. Lung capacity increases.
<i>2 weeks to 3 months</i>	Circulation improves. Walking becomes easier. Lung function increases up to 30%. After 6 weeks, if you smoked 1 pack a day, you will have saved \$252 (based on \$6 per pack).
<i>1 to 9 months</i>	Coughing, sinus congestion, fatigue, shortness of breath decrease. Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection. Body's overall energy increases. Immune system improves. At 9 months, a pack a day smoker has saved \$1,620!
<i>1 year</i>	Excess risk of coronary heart disease is half that of a smoker. A pack a day smoker has saved \$2,190.
<i>5 years</i>	Lung cancer death rate for average former smoker decreases by almost half. Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting. Risk of cancer of the mouth, throat, and esophagus is half that of a smoker's. A pack a day smoker has saved \$10,950.
<i>10 years</i>	Lung cancer death rate similar to that of nonsmokers. Precancerous cells are replaced. Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
<i>15 years</i>	Risk of coronary heart disease is that of a nonsmoker.



*Some Rewards of Quitting Smoking
(and there are many others)...*

- Breathe easier
- Enjoy food more
- Smell things better
- Fresher breath
- Pride
- Greater self-confidence
- Better self-image
- No more embarrassment in public places
- More free time in the day
- Clear throat and nose
- Better sleep
- Bursts of energy
- Clothes smell clean and fresh
- House smells better
- Car smells better
- Need less coffee
- Drink less alcohol
- Less time in smoky places
- Better concentration
- Think clearer
- Errands take less time
- Family and friends pleased
- More pocket money
- _____
- _____
- _____

Keep reminding yourself of these rewards to help you stay smoke free!