

# Stop Smoking!

Did you know that people who quit smoking before 50 reduce their risk of dying before age 60 by 50 percent compared to others who continue to smoke?! Beyond that, the benefits of quitting smoking take effect almost immediately.

- 20 minutes after: Heart rate and blood pressure drops.
- 12 hours after: Carbon monoxide levels in blood drop to a normal range.
- 2 weeks to 3 months after: Circulation and lung functions improve.
- 1 to 9 months after: Shortness of breath and/or coughing decreases, cilia regains normal functions, increasing the ability to handle mucus and clean the lungs.
- 1 year after: Risk of coronary heart disease is cut by 50 percent compared to that of a smoker.
- 5 to 15 years after: Risk of stroke is reduced to that of a nonsmoker.
- 10 years after: Risk of lung cancer is 50 percent less than a smoker and risk of mouth, throat, esophagus, bladder, cervix, and pancreatic cancer decreases.
- 15 years after: Coronary heart disease risks are that of a nonsmoker.

**Plus** – there is a bonus, think of the immediate rewards that your family and friends will definitely appreciate:

- Fresh smelling breath, clothing, and hair
- Teeth are whiter
- Fingernails are not yellow

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