

# STOP SMOKING!

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.



*If you need help quitting smoking, please see smoking cessation literature posted by healthy fridges and/or speak with HR or Wellness personnel.*