



BENEFITS OF QUITTING SMOKING

What Are Some Rewards of Quit Smoking!

Within a few days you will probably begin to notice some remarkable changes in your body. Your sense of smell and taste may improve. You will breathe easier, and your smoker's hack will begin to disappear, although you may notice that you will continue to cough for a while. And you will be free from the mess, smell, inconvenience, expense, and dependence of cigarette smoking.

It is important to understand that the long range after-effects of quitting are only temporary and signal the beginning of a healthier life. Now that you've quit, you've added a number of healthy productive days to each year of your life. Most important, you've greatly improved your chances for a longer life. You have significantly reduced your risk of death from heart disease, stroke, chronic bronchitis, emphysema, and several kinds of cancers; not just lung cancer. (Cigarette smoking is responsible every year for approximately 130,000 deaths from cancer, 170,000 deaths from heart disease, and 50,000 deaths from lung disease.)

Ever Wonder What Happens to Your Body the Moment You Stop Smoking?

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

At 20 minutes after quitting:

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Body temperature of hands and feet increases to normal.

At 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

At 24 hours:

- Chance of a heart attack decreases

At 48 hours:

- Nerve endings begin re growing
- Ability to smell and taste improves

Between 2 weeks and 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%.

Between 1 to 9 months smoke-free:

- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- Cilia re grow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.
- Body's overall energy increases.

At One Year Smoke-Free:

- Excess risk of coronary heart disease is half that of a smoker.

At 5 years smoke-free:

- Lung cancer death rate for average smoker (one pack a day) 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.

At 10 years smoke-free:

- 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.

At 15 years smoke-free:

- Risk of coronary heart disease is now similar to that of people who have never smoked
- Risk of death returns to nearly the level of people who have never smoked

More Health Benefits of Quitting Smoking

1. Smoking cessation has major and immediate health benefits for men and women of all ages. Benefits apply to persons with and without smoking-related disease.

2. Former smokers live longer than continuing smokers, and the benefits of quitting extend to those who quit at older ages. For example, persons who quit smoking before age 50 have one-half the risk of dying in the next 15 years compared with continuing smokers.

3. Smoking cessation decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.

4. Women who stop smoking before pregnancy or during the first 3 to 4 months of pregnancy reduce their risk of having a low birthweight baby to that of women who never smoked.

5. The health benefits of smoking cessation far exceed any risks from the average 2.3 kg (5 pound) weight gain or any adverse psychological effects that may follow quitting.