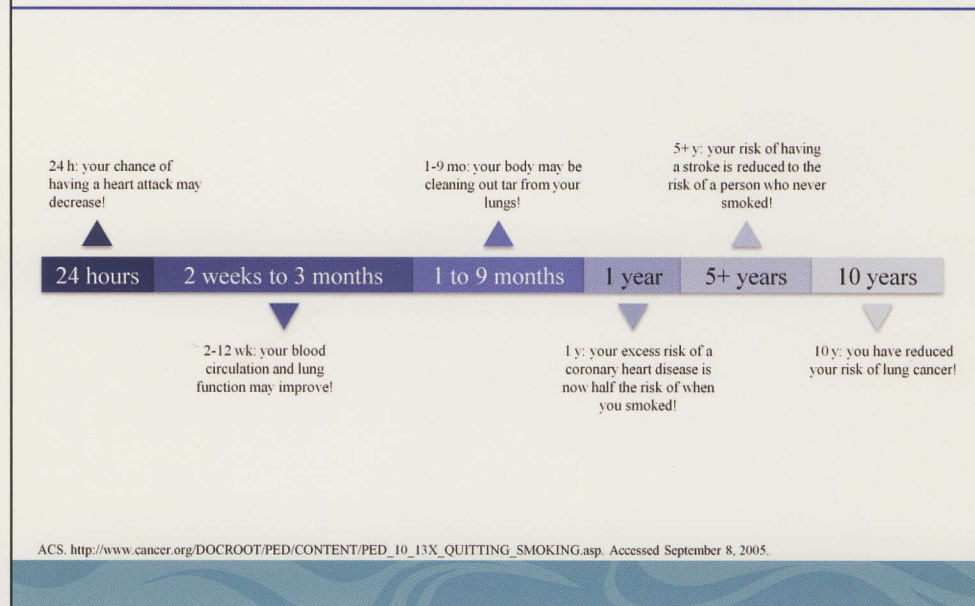


Potential Benefits From Quitting: Major and Immediate Health Benefits



Potential Benefits From Quitting: Major and Immediate Health Benefits

*Note to facilitator: Build Slide (7)

- 24 hours after quitting: your chance of a heart attack may decrease
- 2 weeks to 3 months after quitting: your blood circulation may improve and your lung function may increase up to 30%
- 1 to 9 months after quitting: cilia (tiny hairlike structures that move mucus out of the lungs) may regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection. You might actually cough more for awhile than when you smoked, but the cough may be productive and may eventually stop. Congestion, fatigue, and shortness of breath start to decrease
- 1 year after quitting: your excess risk of developing a coronary heart disease is now half the risk of a smoker
- 5+ years after quitting: your risk of having a stroke is reduced to that of a nonsmoker
- 10 years after quitting: lung cancer death rate is about half of a smoker's and the risk of other types of cancer – mouth, esophagus, bladder, cervix, and pancreas – has decreased

Reference:

American Cancer Society. Guide for quitting smoking.

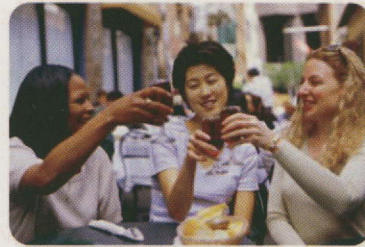
<http://www.cancer.org/DOCROOT/PED/CONTENT/>

[PED_10_13X_QUITTING_SMOKING.asp](http://www.cancer.org/DOCROOT/PED/CONTENT/PED_10_13X_QUITTING_SMOKING.asp). Accessed September 8, 2005.

Benefits From Quitting

Other benefits from quitting smoking:

- Food tastes better!
- Breath, clothes, hair, and nails do not smell!
- You saved money by not buying cigarettes!
(About \$1,500 per year for a pack-a-day smoker)



ACS. http://www.cancer.org/DOCROOT/PED/CONTENT/PED_10_13X_QUITTING_SMOKING.asp. Accessed September 8, 2005.

Benefits From Quitting

Other benefits from quitting smoking include:

- Food tastes better. Your senses of smell and taste return to normal
- Your breath, clothes, hair, and nails do not smell of cigarettes
- You save money by not buying cigarettes. If you kept track of how many packs of cigarettes you bought in a week, you can see how much money you have saved by quitting

Note to facilitator: Build slide 6 into an interactive discussion slide. Discuss with audience individual benefits that each person would receive from quitting and their reasons for wanting to stop smoking.

Reference:

American Cancer Society. Guide for quitting smoking.

<http://www.cancer.org/DOCROOT/PED/CONTENT/>

[PED_10_13X_QUITTING_SMOKING.asp](http://www.cancer.org/DOCROOT/PED/CONTENT/PED_10_13X_QUITTING_SMOKING.asp). Accessed September 8, 2005.