



IT'S NEVER TOO LATE TO STOP SMOKING

Quitting takes a lot of hard work and effort, but the reward can be a longer, more satisfying life. The good news is that people are able to quit every day; in 2002, there were 46 million former smokers in the United States—more former smokers than current smokers! They all did it, and you can too! When you stop smoking, your body begins to repair itself immediately.

Within 20 minutes

- ▶ Blood Pressure returns to normal.
- ▶ Heartbeat stabilizes.

Within 8 hours

- ▶ Oxygen level in your blood increases.
- ▶ Mucus begins to clear out of your lungs making breathing easier.

Within 48 hours

- ▶ Sense of smell and taste improve.
- ▶ Chances of heart attack decrease.

Within 3 months

- ▶ Circulation improves.
- ▶ Immune system improves.
- ▶ Possible savings of over *\$400.

Within 9 months

- ▶ Sinus congestion, wheezing, shortness of breath and phlegm production decreases.
- ▶ Lung Function improves.

1 year

- ▶ Risk of dying from a heart attack is cut in half.
- ▶ Possible savings of over \$1,600 (for a pack-a-day smoker at \$4.50 per pack).

5 years

- ▶ Stroke risk is reduced to the same level as a non-smoker.

10 years

- ▶ The chances of getting lung cancer are cut in half.

