The Benefits of Smoking Cessation

According to the U.S. Department of Health and Human Services, Office of Women’s Health, there are immediate as well as long term benefits to smoking cessation.

Those benefits include the following:

- **20 minutes after quitting:**
  - Your blood pressure drops back to normal
  - The temperature in your hands and feet increases, returning to normal
- **8 hours after quitting:**
  - The carbon monoxide in your blood drops to normal
- **24 hours after quitting:**
  - Your chance of having a heart attack goes down
- **2 days after quitting:**
  - Your can taste and smell things better
- **2 weeks to 3 months after quitting:**
  - Your have better circulation
  - Your lungs are working better
- **1 to 9 months after quitting:**
  - Coughing, sinus congestion, fatigue, and shortness of breath decrease
  - Your lungs start to function better, lowering your risk of lung infections
- **1 year after quitting:**
  - You reduce your risk for heart disease by half
- **5 to 15 years after quitting:**
  - Your risk of having a stroke is the same as someone who never smoked
- **10 years after quitting:**
  - Your risk of lung cancer is nearly the same as someone who never smoked
  - Your risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas also decrease
- **15 years after quitting:**
  - Your risk of heart disease is now the same as someone who never smoked

For more information regarding smoking and how to quit, check out these resources:

HealthierUS.gov = [www.healthierus.gov/behaviors](http://www.healthierus.gov/behaviors)
National Women’s Health Information Center = [www.4woman.gov/QuitSmoking](http://www.4woman.gov/QuitSmoking) or call 800-994-9662
National Cancer Institute = [www.smokefree.gov](http://www.smokefree.gov) or 877-44U-QUIT
CDC Tobacco Information and Prevention Source = [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
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