The Benefits of Quitting Tobacco

Within 20 minutes:
- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Body temperature of hands and feet returns to normal

After 24 hours:
- Chance of heart attack decreases

After 72 hours:
- Bronchial tubes relax, making breathing easier

After 2 weeks to 3 months:
- Circulation improves
- Walking becomes easier
- Lung function increases

After 5 years:
- Lung cancer death rate for average tobacco user (one pack a day) decreases by almost half
- Risk of heart disease decreases

After 1 to 9 months:
- Coughing, sinus congestion, fatigue, and shortness of breath decrease
- In the lungs, cilia regrow, which increases the ability to handle mucus, clean the lungs, and reduce infection
- Body’s overall energy level increases

After 10 years:
- Precancerous cells are replaced by new cells
- Lung cancer death rate is nearly that of non-smokers
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreased
Fact
In 2008, an estimated 48 million adults (aged 18 years or older) had successfully quit using tobacco.

Fact
Among U.S. adults who currently smoke, 70% report that they want to quit completely.

Fact
People who stop using tobacco greatly reduce their risk for disease and premature death. Quitting tobacco is beneficial at all ages.

Fact
Tobacco cessation services can increase the chances of successfully quitting tobacco.

Source:
Centers for Disease Control and Prevention, 2008.
http://www.cdc.gov/Features/SmokingCessation/