

The Benefits of Quitting Tobacco

A hand is shown holding a lit cigarette, with the ash falling into a white ashtray. A vertical timeline of health benefits is overlaid on the cigarette, with red dots and lines indicating the time points. The background is a solid blue color.

Within 20 minutes:

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

After 8 hours:

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

After 24 hours:

- Chance of heart attack decreases

After 48 hours:

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

After 72 hours:

- Bronchial tubes relax, making breathing easier

After 2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases

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 5 years:

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

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/>



Ready to be tobacco FREE?

call
1-866

**NEW
LUNG**
(639-5864)

for free help to quit tobacco



 Tobacco Prevention and Cessation projects are made possible by Tobacco Settlement Revenue Funds administered by the County of Orange Health Care Agency/ Tobacco Use Prevention Program. 