



***His Branches
Health Services***

Reasons to Quit Smoking

1. You will live longer and live better. It is never too late!
 2. Smoking can cause problems like shortness of breath and can make asthma worse.
 3. Quitting will lower your chance of having a heart attack, stroke or cancer.
 4. The people you live with, especially children, will be healthier and less likely to smoke.
 5. You will save money! You will have extra money to spend on yourself.
 6. Food will taste better.
 7. Your fingers, nails, and teeth will not be yellow anymore.
- If you have tried to quit before but weren't successful or if you are worried about problems like weight gain or depression, talk to your provider about these concerns.
 - Think about some of your feelings about quitting smoking and write them down here. Discuss them with your provider.

Why I am not ready to quit

Why I would benefit from quitting



WHAT HAPPENS WHEN YOU QUIT SMOKING

Within 20 minutes of your last cigarette:

- You stop polluting the air
- Blood pressure drops to a normal rate
- Pulse rate drops to a normal rate
- Temperature of hands and feet increases to normal

After 8 hours:

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

After 24 hours:

- Nerve endings adjust to the absence of nicotine
- Ability to smell and taste things is enhanced

After 72 hours:

- Breathing becomes easier
- Lung capacity increases

After 2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

After 1 month to 9 months:

- Coughing, sinus congestion, fatigue, and shortness of breath all decrease
- Cilia regrow in lungs, increasing ability to clean the lungs and reduce infection
- Overall energy increases

One year:

- Heart disease rate is halfway back to that of a nonsmoker

Five years:

- Heart disease rate drops to the rate for nonsmokers
- Lung cancer death rate decreases to halfway back to that of nonsmokers

Ten years:

- Lung cancer death rate drops to almost the same rate for nonsmokers
- Precancerous cells are replaced
- Incidence of mouth, larynx, esophagus, bladder, kidney and pancreas all decrease