

UNFRIEND TOBACCO



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



THE BENEFITS OF QUITTING SMOKING

Quitting tobacco and vaping products is one of the most important health decisions you can make. Quitting smoking has immediate, as well as long-term benefits, for you and your loved ones. It can be challenging to quit, but it is possible!

Did you know?

20 minutes after quitting:

Your heart rate drops to a normal level.

12 hours after quitting:

The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting:

Your risk of having a heart attack begins to drop.
Your lung function begins to improve.

1 to 9 months after quitting:

Your coughing and shortness of breath decreases.

1 year after quitting:

Your added risk of coronary heart disease is half that of a smoker's.

5 to 15 years after quitting:

Your risk of having a stroke is reduced to that of a nonsmoker's.
Your risk of getting cancer of the mouth, throat or esophagus is half that of a smoker's.

10 years after quitting:

Your risk of dying from lung cancer is about half that of a smoker's.
Your risk of getting bladder cancer is half that of a smoker's.
Your risk of getting cervical cancer or cancer of the larynx, kidney, or pancreas decreases.

15 years after quitting:

Your risk of coronary heart disease is the same as that of a nonsmoker.



unfriendtobacco.com

QUIT FOR GOOD.

Call 1-866-QUIT-YES.

Visit www.quityes.org.