



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

UNFRIEND TOBACCO

THE BENEFITS OF
QUITTING SMOKING





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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.