

Benefits of quitting smoking

Benefits of quitting tobacco use can be experienced as early as 20 minutes after your last use. Not every tobacco user experiences the same thing. Common benefits include:

Within 20 minutes of your last use of tobacco:

- Your heart rate drops.
- Your blood pressure drops.
- The temperature in your hands and feet increases.

After 12 hours:

- The carbon monoxide level in your blood returns to normal.
- The oxygen level in your blood increase.

After 24 to 48 hours:

- Your chance of having a heart attack decreases.
- Your sense of smell and taste improves.

After 2 weeks to 3 months:

- Your risk of a heart attack continues to drop.
- Your lung function and breathing begins to improve.
- Your blood circulation improves.
- Climbing stairs becomes easier.

After 1 to 9 months:

- Your coughing, sinus congestion, and shortness of breath decrease.
- Your overall energy increases.

After 1 year:

- Your risk of developing coronary heart disease is cut in half.

After 5 to 15 years:

- Your risk of a stroke is reduced to that of a non-smoker.
- Your risk of dying from lung cancer is cut in half.
- Your risk of developing cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.
- Your risk of developing coronary heart disease falls to that of a non-smoker's.

Other benefits you can look forward to:

- No more tobacco breath.
- Color on your teeth and fingers will go away.

- Urges become less intense and less frequent as you use less tobacco. Most urges last 2 to 5 minutes.
- Your clothes, hair, furniture, and home will no longer smell like smoke.
- Smoky film will no longer build up on your walls, windows, and ceilings.
- Your sense of smell and taste will improve.
- You will have more energy.
- You will cough less after your lungs “clean up”.
- The health of loved ones will improve when their environment is free of side stream (secondhand) smoke.
- You will be proud of completing a very hard task. What a boost for your self-esteem!
- You can celebrate being clean, sober and free from tobacco!

If you quit using smokeless tobacco:

- Color on your teeth and fingers will go away.
- Reduced risk for health problems such as cancer and leukoplakia (white mouth sores that can lead to cancer). Chewing tobacco contains 28 cancer-causing chemicals.
- You will reduce your risk of heart disease and high blood pressure.
- You will save money.
- No more worry about spit waste.
- You will be proud of completing a very hard task. What a boost for your self-esteem!

Resources to help you quit

(800) QUIT NOW (784-8669)

Gundersen Health System tobacco cessation programs

(800) 362-9567 ext 55442

email: wellness@gundersenhealth.org

gundersenhealth.org/wellness

Wisconsin Tobacco Control

tobwis.org

UW-Center for Tobacco Research and Intervention

ctri.wisc.edu

USPHS Guideline and materials

Surgeongeneral.gov/tobacco

Smokefree.gov