



## The Good News About Quitting Smoking

No doubt about it – for most people, it’s very hard to quit smoking. But quitting is the best thing you can do for the sake of your health. According to the American Cancer Society and the U.S. Surgeon General, here’s why:

<b>This long without a cigarette ...</b>	<b>Means these healthy changes for you</b>
20 minutes	<ul style="list-style-type: none"> <li>Your heart rate and blood pressure drop.</li> </ul>
12 hours	<ul style="list-style-type: none"> <li>The carbon monoxide level in your blood drops to normal.</li> </ul>
2 weeks to 3 months	<ul style="list-style-type: none"> <li>Your circulation improves and your lung function increases</li> </ul>
1 to 9 months	<ul style="list-style-type: none"> <li>Coughing and shortness of breath decrease.</li> <li>Your lungs can better handle mucus and fight infection.</li> </ul>
1 year	<ul style="list-style-type: none"> <li>Your excess risk of coronary heart disease is half that of a smoker.</li> </ul>
5 years	<ul style="list-style-type: none"> <li>Your risk of stroke is reduced to that of a nonsmoker.</li> <li>Cervical Cancer risk falls to the rate of a non-smoker.</li> <li>Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half.</li> </ul>
10 years	<ul style="list-style-type: none"> <li>The lung cancer death rate is about half that of a smoker.</li> <li>Your risk of cancers of the larynx (voice box) and pancreas decreases.</li> </ul>
15 years	<ul style="list-style-type: none"> <li>Your risk of coronary heart disease is that of a nonsmoker.</li> </ul>

Thinking about quitting? Help is available. Talk with your health care provider or pharmacist or call the Wisconsin Tobacco Quit Line at 800-QUIT-NOW (800-784-8669) for free, confidential one-on-one counseling.