

After you quit:

Within 20 minutes of smoking that last cigarette, your body begins a series of changes that continue for years.

- In 20 minutes:** Blood pressure drops to normal
Pulse rate drops to normal
Body temperature of hands and feet increases to normal
- In 8 hours:** Carbon monoxide level in blood drops to normal
Oxygen level in blood increases to normal
- In 24 hours:** Chance of heart attack decreases
- In 48 hours:** Nerve endings start regrowing
Ability to smell and taste is enhanced
- In 2 weeks:** Circulation improves
3 months: Walking becomes easier
Lung function increases up to 30%
- In 1-9 months:** Coughing, sinus congestion, fatigue, shortness of breath decrease
Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
Body's overall energy increases
- In 1 year:** Excess risk of coronary heart disease is half that of a smoker
- In 5 years:** Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
Risk of cancer of the mouth, throat, and esophagus is half that of a smoker's
- In 10 years:** Lung cancer death rate similar to that of nonsmokers
Precancerous cells are replaced
Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- In 15 years:** Risk of coronary heart disease is that of a nonsmoker

1-800-207-1230



THE MAINE TOBACCO HELPLINE

Source: American Cancer Society; Centers for Disease Control and Prevention

Quit Tips

- 1.** Don't quit quitting. If you slip up, try again and again until you are successful.
- 2.** Pick a quit date. Don't smoke on that day no matter what happens.
- 3.** Ask a family member or friend to help you through those moments when you feel like smoking.
- 4.** Be sure to get rid of all your smoking materials, such as cigarettes, ashtrays, and lighters before your quit date.
- 5.** If you're making another attempt to quit smoking, think about what didn't work before. Develop a plan that will help you make your attempt more successful this time.
- 6.** Make a list of all your reasons for quitting. When you feel the urge to smoke, take out the list and read it.
- 7.** Put the money you would spend each day on cigarettes in a piggy bank. Use it to reward yourself for staying smoke-free.
- 8.** Go to places where you know you will not be allowed to smoke, like the mall, the movie theater, or the library.
- 9.** Stay busy. Garden, write a letter, or start that project you've been meaning to get to.
- 10.** Remember that the urge to smoke will go away in just a few minutes. You can make it through!

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Partnership For A Tobacco-Free Maine
Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention