BENEFITS OF Quitting Smoking

Regardless of your age, it’s never too late to kick the habit. As soon as you quit, your body begins to reap immediate and long-term rewards.

**TIPS FOR QUITTING SUCCESSFULLY**

- Make a list of reasons you want to quit. Keep this list and read it often.
- Get support. Let your friends know you may call them to chat when you have an urge to smoke.
- If you've tried to quit before without success, this time avoid the triggers that may cause the relapse.
- Make the most of slip-ups. Try to learn from them, and then get back on track.
- Be accountable to your friends and your calendar so that you stay on track.

**DID YOU KNOW?**

- 95% of smokers are able to quit with the help of a doctor or counseling program.
- Each day more than 3,000 people under the age of 18 smoke their first cigarette.
- One out of 5 deaths of Americans is related to smoking.

**20 Minutes After Quitting**
Your heart rate drops to a normal levels.

**12 Hours After Quitting**
Carbon monoxide levels in your blood drops to normal.

**2 Weeks to 3 Months After Quitting**
Your risk of having a heart attack begins to drop and lung function begins to improve.

**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.

**10 Years After Quitting**
Your risk of dying from lung cancer is about half that of a smoker’s.

**15 Years After Quitting**
Your risk of coronary heart disease is the same as that of a nonsmoker.