



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

# Health Benefits of Quitting

An average, smoking will take 10-14 years off of your life. It will also cause more illness in the last few years of life. Fortunately, it is never too late to quit smoking. Even if you quit at 65, on average you can get 3 years of life. The sooner you quit, the longer you live!

## The Two Days After Quitting:

### **At 20 minutes after quitting:**

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

### **At 8 hours:**

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

### **At 24 hours:**

- Chance of a heart attack decreases



## The First Year After Quitting:

### **At 2 weeks to 3 months:**

- Circulation improves
- Walking becomes easier
- Lung function increases

### **1 to 9 months:**

- Coughing, sinus congestion, fatigue, shortness of breath decreases

### **1 year:**

- Excess risk of coronary heart disease is decreased to half that of a smoker

## Long-term Benefits of Quitting

### **At 5 years:**

- From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.

### **At 10 years:**

- Risk of lung cancer drops to as little as one-half that of continuing smokers
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and

pancreas decreases

- Risk of ulcer decreases

### **At 15 years:**

- Risk of coronary heart disease is now similar to that of people who have never smoked
- Risk of death returns to nearly the level of people who have never smoked