

Great American Smokeout: November 19, 2009

"There's Never Been a Better Time to Quit"

The Health Benefits of Quitting Smoking

Positive health changes begin almost immediately.

When you stop smoking, the body begins to heal almost immediately.

Take it from a happy QuitlineNC Caller:

"I'm just surprised the more I think of it how healthy of a winter I did have – I've been a sinus and bronchitis sufferer - coughing and hacking - not even realizing that it was the cigarettes I was smoking every day that was making me feel bad. But now that I'm done, I cannot in my recent memory remember a more healthy winter and furthermore when I did get sick it was more manageable."

20 minutes after quitting	Blood pressure and pulse rate return to normal.
8 hours	Nicotine and carbon monoxide levels in blood reduce by half; oxygen levels return to normal.
24 hours	Carbon monoxide is eliminated from the body. Lungs start to clear out mucus and other smoking debris.
48 hours	There is no nicotine left in the body. Ability to taste and smell is greatly improved.
72 hours	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

Long term health and quality of life improve.

Quitting smoking immediately reduces risks for heart disease and cancer including cancers of the esophagus, larynx, kidney, pancreas, and cervix.

2-12 weeks after quitting	Circulation improves.
3-9 months	Coughing, wheezing, and breathing problems improve as lung function increases by up to 10 per cent.
1 year	Risk of a heart attack falls to about half that of a smoker.
10 years	Risk of lung cancer falls to half that of a smoker.
15 years	Risk of heart attack falls to the same level as someone who has never smoked.

Take the next step for a positive health change.

Call **QuitlineNC** at 1-800-784-8669.

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