



BE SMOKE-FREE

When smokers quit, there are numerous benefits, both short-term and long-term.

- ▶ **20 minutes after quitting:** Your heart rate drops.
- ▶ **12 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- ▶ **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.
- ▶ **1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- ▶ **1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.
- ▶ **5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker's.
- ▶ **10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.
- ▶ **15 years after quitting:** The risk of coronary heart disease is that of a nonsmoker's.

Visible and immediate rewards of quitting

Quitting helps stop the damaging effects of tobacco on your appearance including:

- ▶ premature wrinkling of the skin
- ▶ bad breath
- ▶ stained teeth
- ▶ gum disease
- ▶ bad smelling clothes and hair
- ▶ yellow fingernails

Kicking the tobacco habit also offers benefits that you'll notice immediately and some that will develop gradually in the first few weeks. These rewards can improve your day-to-day life substantially:

- ▶ Food tastes better.
- ▶ Sense of smell returns to normal.
- ▶ Ordinary activities no longer leave you out of breath (climbing stairs, housework, etc.)

The Georgia Tobacco Quit Line is a toll-free resource that offers counseling, screening and support services to Georgians ages 13 and older wanting to quit tobacco. Call 1-877-270-STOP (English) or 1-877-2NO-FUME (Spanish).