

No ifs, ands, or butts...



The Benefits of Quitting Smoking are great!

As soon as you quit smoking, your body begins a series of healing or recovery changes that continue for years.

20 Minutes After Quitting: Your heart rate drops to a normal level.

12 Hours After Quitting: The carbon monoxide level in your blood drops to normal.

2 Weeks to **3 Months** After Quitting:

- Your risk of having a heart attack begins to drop.
- Your lung function begins to improve.

1 to **9 Months** After Quitting: Your coughing and shortness of breath decrease.

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.
- Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

10 Years After Quitting:

- Your risk of dying from lung cancer is about half that of a smoker's.
- Your risk of getting bladder cancer is half that of a smoker's.
- Your risk of getting cervical cancer or cancer of the larynx, kidney, or pancreas decreases.

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

For more information on effective treatments or prevention strategies, contact MESSA Member Education and Support by calling **800.336.0022** or e-mail: membereducation@messa.org.



Add life to your years by breaking the habit!

