

Do you smoke?

If so, chances are, you know you need to stop.

STOP

The negative health effects from cigarette smoking account for nearly 1 of every 5 deaths each year in the United States.

Unfortunately for smokers, the act of smoking has many serious health effects. Smoking harms nearly every organ of the body, causing many diseases and greatly reducing the health of smokers in general. Smoking is one of the most preventable causes of death in the United States. Even after years of smoking, there are good reasons to quit. The benefits of quitting include improved health and reduced risk of smoking-related diseases both in the short and long term.

- ✓ **20 minutes after quitting:** Your heart rate and blood pressure drop.
- ✓ **8 to 12 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- ✓ **24 hours after quitting:** Your chance of a heart attack decreases.
- ✓ **48 hours after quitting:** Your nerve endings start regrowing and your ability to smell and taste is enhanced.
- ✓ **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.
- ✓ **1 to 9 months after quitting:** Coughing, sinus congestion, fatigue and shortness of breath decreases.
- ✓ **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 5 to 15 years after quitting.
- ✓ **10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. Your risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decreases.
- ✓ **15 years after quitting:** Your risk of coronary heart disease is now equal to that of a non-smoker's.

TUFTS  **Health Plan**

No one does more to keep you healthy.