

IMAGINE THE DIFFERENCE

Benefits of Quitting

From 20 Minutes to a Lifetime

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

At 48 hours:

- nerve endings start regrowing
- ability to smell and taste is enhanced

Within 2 weeks to 3 months:

- circulation improves
- walking becomes easier
- lung function increases



Within 1 to 9 months:

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

1 year after your last cigarette:

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

5 to 15 years after your last cigarette:

- risk of stroke is reduced to that of people who've never smoked

10 years after your last cigarette:

- 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

After 15 years:

- risk of coronary heart disease is now similar to that of people who have never smoked
- risk of death due to smoking-related causes returns to nearly the level of people who never smoked



For more information about quitting, please contact Fairfield Behavioral Health Services 803-635-2335 or the SC Tobacco Quitline - 1-800-QUIT-NOW.