

BENEFITS OF QUITTING SMOKING



20 minutes after your last cigarette Blood pressure drops to normal, pulse rate drops to normal, temperature of hands and feet increases to normal.

08 hours after your last cigarette Carbon monoxide level in blood drops to normal, oxygen level in blood increases to normal.

24 hours after your last cigarette Chance of heart attack decreases.

48 hours after your last cigarette Nerve endings start to regrow, ability to smell and taste is enhanced.

72 hours after your last cigarette Breathing becomes easier, lung capacity increases.

02 weeks to 3 months after your last cigarette Blood circulation improves, walking becomes easier, lung function increases up to 30 percent.

Contact your QuadMed provider to discuss medications and develop a plan for quitting smoking.

If you made it this far, the worst withdrawal symptoms are behind you! Now focus shifts to learning how to reprogram urges you built up over the years.

01 to 9 months after your last cigarette Coughing, sinus congestion and shortness of breath decrease, energy level increases, lungs are better able to fight infection.

01 year after your last cigarette Risk of coronary heart disease is decreased to half that of a smoker's.

Congratulations on making it a year smoke-free! Hopefully you no longer have the urge to smoke. There are even greater benefits of quitting ahead of you now!

05 years after your last cigarette Risk of having a stroke is reduced to that of a nonsmoker's, risk of getting cancer of the mouth, throat or esophagus is half that of a smoker's.

10 years after your last cigarette Risk of dying from lung cancer is about half that of a smoker's, risk of getting bladder cancer is half that of a smoker's, risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases, risk of ulcers decreases.

15 years smoke-free Risk of coronary heart disease is now similar to that of people who have never smoked, risk of death returns to nearly the level of people who have never smoked.