

# WHY QUIT SMOKING?

Your health will improve, you'll save money, enjoy more social opportunities, and protect others from secondhand and thirdhand smoke.

## AFTER YOU QUIT FOR:

### 20 MINUTES

Blood pressure and heart rate return to a normal level.

### 12 HOURS

The carbon monoxide level in your blood normalizes.

### 1 YEAR

The risk for heart disease is half that of a smoker's.

### 5 TO 15 YEARS

The risk of stroke decreases to that of a nonsmoker's.

### 10 YEARS

The risk of dying from lung cancer is about half that of a smoker's.

### 15 YEARS

The risk of heart disease is the same as that of a nonsmoker.

## STATISTICS

Cigarette smoking causes **over 480,000 deaths** each year.

On average, smokers die **10 years earlier** than nonsmokers.

**80 to 90%** of lung cancer deaths are due to cigarette smoking.

Over **16 million Americans** have a disease caused by smoking.

## QUITTING WITH SUCCESS

### Eliminate the Evidence

On the day before your **Quit Day**, remove any reminders of smoking, like ashtrays, and thoroughly clean any areas in which you have smoked.

### Make a Quit Plan

Include the day you plan to quit, the quitting strategy (cold turkey, nicotine patches, prescriptions, etc.), challenges you foresee, and how you will overcome them.

### Change Your Routine

Eliminate habits that are linked with smoking, like drinking coffee or taking certain driving routes.

### Prepare

Take any necessary steps like going to the doctor for prescriptions or purchasing nicotine replacement products.

### Reasons and Rewards

List the reasons why you want to quit smoking and how you will reward yourself for reaching milestones.

### Use Your Resources

Family, friends, your state's quitline, and local support groups can help you make it through difficult times.

### Start a Smoking Journal

Document what triggers your nicotine **cravings**, what you will use as **substitutions** (things to keep your mouth and hands busy) and as **distractions** (activities that will take your mind off smoking).

### Keep Your Guard Up

You will have cravings and other withdrawal symptoms. Don't let them derail your efforts! Focus on staying smoke-free one moment at a time. Moments add up and with time, the cravings will fade.

**Congratulations on your decision to quit smoking!**  
It may be challenging, but it's not impossible!

**STAND UP, TAKE CHARGE,  
AND START YOUR SMOKE-FREE LIFE NOW!**

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