

Heal in a Hurry!

Your body starts to heal...

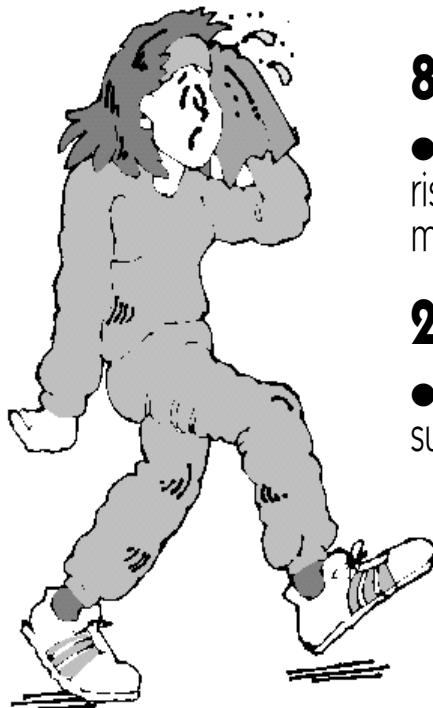
20 minutes after your last puff:

- Your blood pressure and pulse rate decrease to normal.



8 hours after your last puff:

- The level of oxygen in the blood rises to normal, while the level of carbon monoxide decreases to normal.



24 hours after your last puff:

- You already have a lower risk of suffering a heart attack.

48 hours after your last puff:

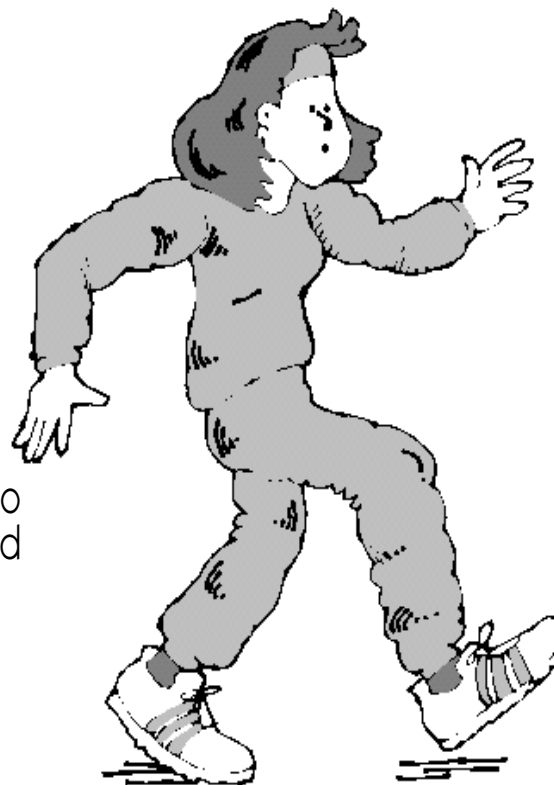
- You can taste and smell things better than before.

2 weeks to 3 months after your last puff:

- Your lungs work better, so you don't get winded so easily; you can walk more; and you have better blood circulation.

1 to 9 months after your last puff:

- You cough less and have less shortness of breath, sinus congestion, and fatigue.



Heal in a Hurry! (con'td.)

1 year after your last puff:

- The excess risk of coronary heart disease you had as a smoker is cut in half.

5 years after your last puff:

- You've reduced your chance of dying from lung cancer to nearly half of what it was when you smoked.

5 to 15 years after your last puff:

- Your risk of suffering a stroke is now the same as that of someone who never smoked.

10 years after your last puff:

- Your risk of lung cancer is reduced to nearly that of someone who never smoked.

15 years after your last puff:

- Your risk of coronary heart disease is as low as that of someone who never smoked.



You can make quitting easier!

Use these tips to keep your mind off smoking and focused on getting healthy:

- **Make** a list of reasons why you want to quit. Read the list when you crave a cigarette.
- **Think of yourself** as a nonsmoker. Remind yourself that you don't want to smoke. Mingle with nonsmokers at parties, sit in nonsmoking sections of restaurants, and spend time in places that restrict smoking, like museums.
- **Tell your friends** that you are quitting. They'll want to give you all the encouragement you need to get through it.
- **Time your cravings**—most are short-lived. Once you see just how short, you'll be better able to resist the urge.

- **Exercise!** Research shows that a brisk 10-minute walk can help get rid of the urge to smoke, and it will help keep your weight under control if you find yourself eating more.

- **Take a deep breath** when you crave a cigarette, count to 10, and release it. Do that 5 times. You'll feel more relaxed, and it will help the craving pass.

- **Keep your hands busy** (doodling, writing notes) and put something other than a cigarette in your mouth—peppermint candies, chewing gum, or carrot sticks.

