

Learning About Benefits of Quitting Smoking

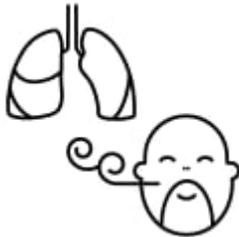
Quitting smoking helps your body in many ways. Quitting lowers your risk for cancer, lung disease, heart attack, stroke, blood vessel disease, and blindness. You'll also get sick less often and heal faster. And after you quit, you may find that your mood is better and you are less stressed.

When and how will you feel healthier after quitting smoking?



In the first hours or days:

- Your blood pressure and heart rate go down.
- Your oxygen levels increase.



Within weeks or months:

- You will cough less and breathe deeper. It may be easier to be active.
- Your sense of taste and smell should return.



Over the years:

- Your risks of heart disease, heart attack, and stroke are lower.

- Your risk of lung cancer is cut by about half after about 10 years. And your risk for other cancers is lower too.

How would quitting help others in your life?



Their heart, lung, and cancer risks may drop, much like yours. They will also be sick less.



If you are or will be pregnant someday, quitting smoking means a healthier newborn.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **O319** in the search box to learn more about "**Learning About Benefits of Quitting Smoking**".

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