

inspired

[to make healthy choices]

In the U.S.:

SMOKING is the leading cause of preventable death. (CDC)

Every year, more than **480,000** people die from tobacco use and exposure to secondhand smoke. (CDC)

Each day, thousands of kids still pick up a tobacco product for the first time. (lung.org)

Smoking harms nearly every organ of the body. (CDC)

The health benefits of quitting smoking can help most of the major parts of your body: *from your brain to your DNA.*

- **20 minutes:** heart rate, blood pressure drop
- **12 hours:** carbon monoxide in blood stream drops to normal
- **2 weeks–3 months:** circulation, lung function improve; heart attack risk begins to drop
- **1–9 months:** cough less, breathe easier
- **1 year:** risk of coronary heart disease cut in half
- **2–5 years:** risk of cancer of mouth, throat, esophagus, bladder cut in half; stroke risk is reduced to that of a nonsmoker
- **10 years:** half as likely to die from lung cancer; risk of kidney or pancreatic cancer decreases
- **15 years:** risk of coronary heart disease same as non-smoker's risk (smokefree.gov)

Quitting Smoking

READY TO QUIT?

- **SET YOUR QUIT DATE**
Choose a day within the next two weeks.
- **DETERMINE YOUR REASONS FOR QUITTING**
Remind yourself why you want to quit smoking. This can be a powerful motivator to keep you smoke free.
- **IDENTIFY YOUR SMOKING TRIGGERS**
Knowing your triggers and understanding the best way to deal with them is your first line of defense.
- **PREPARE TO FIGHT CRAVINGS**

Tips for beating cravings:



Hold a straw in your hand and breathe through it.

Play with a coin or paper clip.



Practice deep breathing or do some push-ups.

Turn to friends, family, and counselors.



Make a list of tasks that you can accomplish.

Treat yourself to a different pleasure.



Chew gum or eat hard candy.



Get regular exercise and have healthy snacks.

Make sure you're getting plenty of sleep.



- **GET RID OF SMOKING REMINDERS**
Seeing reminders of smoking makes it harder to stay smoke free. Get rid of any reminders in your home, car, and workplace before your quit day. **Everything must go!**
- **QUIT WITH EXTRA HELP**
Smokefree.gov and **lung.org** have lots of tools to make quitting easier. Explore these resources and select the ones that interest you.
- **TELL FRIENDS AND FAMILY.**
Quitting smoking is easier when you have support from your loved ones. (smokefree.gov)

