

## ***Benefits of Quitting Smoking***

### **At 20 minutes after quitting:**

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

### **At 8 hours:**

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

### **At 24 hours:**

- Chance of heart attack decreases

### **At 48 hours:**

- Nerve endings start to regrow
- Ability to smell and taste improves

### **Between 2 weeks and 3 months:**

- Heart attack risk begins to drop & circulation improves
- Lung function increases

### **Between 1 and 9 months smoke-free:**

- Major changes in your lung health including less coughing, less shortness of breath and sinus pain and congestion improves

### **1 year after quitting:**

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

### **5 years:**

- Stroke risk is reduced to that of a non-smoker

### **10 years:**

- Lung cancer death rate is about half that of a person still smoking. Risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas also decreases

### **15 years:**

- Coronary heart disease risk is the same as a non-smoker's risk

# **Resources for Quitting Smoking & Tobacco Use**



**LENAWEE COUNTY  
HEALTH DEPARTMENT**



For more information, please call (517) 264-5253.

- ◆ **The Michigan Tobacco Quit Line** offers free information in English or Spanish to all Michigan residents who want to quit using tobacco. Some residents also may receive free coaching and nicotine replacement therapy to help them quit. The Quit Line is funded through the Michigan Department of Health & Human Services.

Call 1.800.QUIT.NOW (1.800.784.8669) or go to <https://michigan.quitlogix.org>

- ◆ **American Cancer Society** offers printed material and sponsors the Great American Smokeout on the third Thursday in November. Call 1.800.227.2345 or visit [Stay Away from Tobacco](#)

- ◆ **American Heart Association** offers resources to help motivate you to stay on track with your goals. Call 1.800.242.8721 [Help! I want to quit smoking!](#)

- ◆ **American Lung Association** offers quit smoking classes, printed material and cessation website. Phone referral and cessation advice by visiting [Freedom from Smoking](#) or calling: 1.800.LUNGUSA (1.800.586.4872)

- ◆ **US Department of Health & Human Services** offers tools, tips and expert advice to help you or someone you love quit smoking [smokefree.gov](http://smokefree.gov)

- ◆ **Nicotine Anonymous** – 1.877.879.6422  
<https://www.nicotine-anonymous.org>

- ◆ **BecomeAnEx** is an online quit smoking program.  
[www.becomeanex.org](http://www.becomeanex.org)

- ◆ **Greater Lenawee Tobacco Reduction Coalition** offers free education/resource materials.  
517.264.5253

- ◆ **Tobacco Services in/near Lenawee County**

**Promedica Hickman Hospital, Adrian, MI**

517.577.0098 [Tobacco Services](#)

**Henry Ford Allegiance Health, Jackson, MI**

888.427.7587 [Tobacco Treatment Services](#)

## What's in a cigarette?

