

**New York State
Smokers' Quitline**

1-866-NY-QUITS

(1-866-697-8487)

www.nysmokefree.com

TTY: 1-800-280-1213

FACT SHEET:

**IT'S NEVER
TOO LATE TO
STOP SMOKING**



Quitting takes a lot of hard work and effort, but the reward can be a longer, more satisfying life. The good news is that people are able to quit every day and you can too! When you stop smoking, your body begins to repair itself immediately.

Within 20 minutes

- ▶ Blood Pressure returns to normal.
- ▶ Heartbeat stabilizes.

Within 8 hours

- ▶ Oxygen level in your blood increases.
- ▶ Mucus begins to clear out of your lungs making breathing easier.

Within 48 hours

- ▶ Sense of smell and taste improve.
- ▶ Chances of heart attack decrease.

Within 3 months

- ▶ Circulation improves.
- ▶ Immune system improves.
- ▶ Possible savings of over *\$400.

Within 9 months

- ▶ Sinus congestion, wheezing, shortness of breath and phlegm production decreases.
- ▶ Lung Function improves.

1 year

- ▶ Risk of dying from a heart attack is cut in half.
- ▶ Possible savings of over *\$1,600.

5 years

- ▶ Stroke risk is reduced to the same level as a non-smoker.

10 years

- ▶ The chances of getting lung cancer are cut in half.

* = 1 pack a day at average cost of \$4.50/Pack