

## It's Never Too Late to Quit...



People who quit smoking live longer than those who continue to smoke. Smokers who quit substantially reduce their risk of premature death. Join the Great American Smokeout the third Thursday of November.

The argument that it is too late to quit smoking because the damage is already done is untrue.

**Quit smoking. We can help.**

**Call 1.800.ACS.2345**

[www.greatamericansmokeout.org](http://www.greatamericansmokeout.org)



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## When smokers quit

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years. All benefits are lost by smoking just one cigarette a day, according to the American Cancer Society.

### 20 minutes

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

### 8 hours

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

### 48 hours

- Nerve ending start regrowing
- Ability to smell and taste is enhanced

### 1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs increasing ability to handle mucus, clean the lungs, reduce infection
- Body's overall energy increases

### 10 years

- Lung cancer death rate similar to that of nonsmokers
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

### 24 hours

- Chance of heart attack decreases

### 2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

### 1 year

- Excess risk of coronary heart disease is half that of a smoker

### 5 years

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

### 15 years

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SOURCE: The American Cancer Society, Centers for Disease Control

Art Concept by: Randee S. Fox/Seattle Times

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