

QUITTING SMOKING

**Nearly 70% of smokers
say they want to quit.**



Quitting:



20 minutes:
heart and blood
pressure
decrease



1 year:
risk of **coronary heart
disease** and **heart attack**
is reduced



10 years:

risk of **dying from
lung cancer** is **50%
less likely** compared
with a current
smoker's risk



2-3 weeks:
circulation and lung
functionality improve



5 years:

risk of **mouth, throat, esophagus** and
bladder cancer are **decreased by
half** and risk of cervical cancer
and stroke decline to that
of a nonsmoker

70%

of smokers say
they want to quit.



**Most smokers
who attempt to quit
do so "cold turkey"
and are not successful.**

**Counseling, medication
and digital programs**
increase a smoker's
chance of success.



**Medications and counseling
together can more than
triple that chance.**