

# THE BENEFITS OF QUITTING SMOKING

**20 Min.**  
After Quitting

**8 Hours**  
After Quitting

**24 Hours**  
After Quitting

**48 Hours**  
After Quitting

**2 Weeks  
to 3 Mos.**  
After Quitting

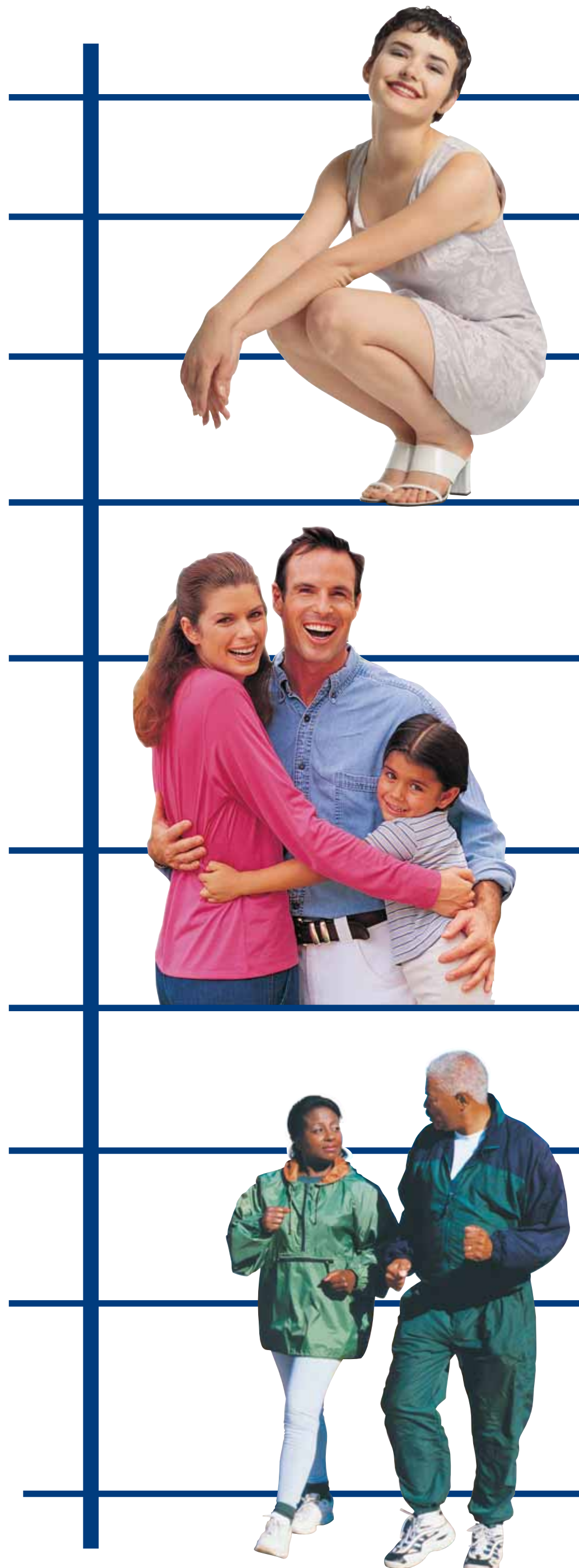
**1-9 Mos.**  
After Quitting

**1 Year**  
After Quitting

**5-15 Years**  
After Quitting

**10 Years**  
After Quitting

**15 Years**  
After Quitting



Body's heart rate drops

Carbon monoxide level in blood drops to normal and oxygen level in blood increases to normal

Chance of heart attack decreases

Nerve endings start regrowing and ability to smell and taste is enhanced

Risk of heart attack drops and lung function improves. Circulation improves.

Coughing, sinus congestion, fatigue, and shortness of breath decrease

Risk of coronary heart disease is half that of a smoker's

Added risk of stroke is reduced to that of a nonsmoker's

Risk of lung cancer is half that of a smoker's. Risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decrease. Risk of ulcer decreases.

Risk of coronary heart disease equals that of a nonsmoker's. Risk of death returns to nearly the level of people who have never smoked.

The decision to stop smoking is one of the most important things you can do to improve your health.

Go to [www.coventryhealth.com/wellbeing](http://www.coventryhealth.com/wellbeing)  
or call 1-866-577-8210

COVENTRY  
**WellBeing**<sup>SM</sup>  
Self-Care and Wellness Program



**QUITNET**<sup>®</sup>  
QUIT ALL TOGETHER

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Source: National Center for Tobacco Free Kids. *Smoking Cessation: An Overview*. National Center for Tobacco Free Kids, National Campaign for Tobacco Free Kids, Matt Barry, Oct 21, 2003. Available at <http://tobaccofreekids.org/research/factsheets/pdf/0244.pdf>

When Smokers Quit – the Health Benefits of Quitting. American Cancer Society. [http://www.cancer.org/docroot/SPC/content/SPC\\_1\\_When\\_Smokers\\_Quit.asp](http://www.cancer.org/docroot/SPC/content/SPC_1_When_Smokers_Quit.asp)