

QUIT TIPS

1. Don't quit quitting. If you slip up, try again and again until you are successful.
2. Pick a quit date. Don't smoke on that day, no matter what happens.
3. Ask a family member or friend to help you through those moments when you feel like smoking.
4. Be sure to get rid of all your smoking materials, such as cigarettes, ashtrays, and lighters before your quit date.
5. If you're making another attempt to quit smoking, think about what didn't work before. Develop a plan that will help you make your attempt more successful this time.
6. Make a list of all your reasons for quitting. When you feel the urge to smoke, take out the list and read it.
7. Put the money you would spend each day on cigarettes in a piggy bank. Use it to reward yourself for staying smoke-free.
8. Go to places where you know you will not be allowed to smoke, like the mall, the movie theater, or the library.
9. Stay busy. Garden, write a letter, or start that project you've been meaning to get to.
10. Remember that each urge to smoke only lasts a few minutes.

1-800-207-1230

MAINE TOBACCO HELPLINE



Maine Center for Disease
Control and Prevention

An Office of the
Department of Health and Human Services

AFTER YOU QUIT

Within 20 minutes of smoking that last cigarette, your body begins a series of changes that continue for years.

In 20 minutes:

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

In 8 hours:

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

In 24 hours:

- Chance of heart attack decreases

In 48 hours:

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

In 2 weeks to 3 months:

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

In 1 to 9 months:

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

In 1 year:

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

In 10 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

In 15 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
- Risk of coronary heart disease is that of a nonsmoker