

Beneficial Effects of Quitting Smoking

Health Benefits:

- ❑ Blood vessels dilate; your circulation will begin to improve
- ❑ Oxygen level in the blood increases
- ❑ Decreased workload on the heart, improved cardiac function
- ❑ Lipid profile (cholesterol) can improve
- ❑ Immune system/healing abilities improve
- ❑ Decreased complications of diabetes, surgery, invasive procedures
- ❑ Fine hairs (cilia) lining airways begin to work again - clearing mucus - "cleaning house"
- ❑ Improved respiratory function- relaxed airways, mucous production begins to subside
- ❑ Nerve endings in the mouth and nose begin to regenerate- improving taste and smell
- ❑ Better oral health – prevent/stabilize dental disease
- ❑ Eliminate "smokers breath" and have whiter teeth
- ❑ Medications may work better – smoking interferes with certain medications (i.e., aspirin, beta-blockers, Theodur, Darvon, Insulin) necessitating increased dosage
- ❑ If on birth control pills – you will decrease your chance of heart attack and stroke
- ❑ Decreased reproductive problems – i.e., impotence and infertility
- ❑ If pregnant – you'll protect your unborn child

Personal Benefits:

- ❑ Quitting now creates feeling of accomplishment
- ❑ You'll have more energy
- ❑ You'll smell better, less chance of skin wrinkles
- ❑ You'll experience enhanced self-esteem
- ❑ You'll feel more in control of your life
- ❑ Your stamina will improve – walk/run farther without being short of breath
- ❑ You'll save money - over \$30/week over \$1,500/yr and \$15,000/10 yrs for 1 pack per day smoker
- ❑ You'll avoid burn holes and decrease the chance of fatal fires and serious burns
- ❑ You'll gain more freedom and time – no more late night trips to store for cigarettes

Other Benefits:

- ❑ You'll make some family/friends very happy
- ❑ You'll be a good role model
- ❑ You'll protect those you love and others around you from second-hand smoke

Longer Term Benefits:

- ❑ The longer you are off cigarettes (tobacco) the more you lower your risk of: heart disease, heart attack, stroke-risk halved to in 1 year, same as never smoker in 5 years; many kinds of cancer (lung, larynx, mouth, stomach, cervix, bladder, etc.) show decline in risk that approaches never smoker's risk in 10 to 15 years lung disease – including bronchitis and emphysema – decrease ulcer risk.
- ❑ Add years (and improved quality) to your life