

# 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. 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. 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.

MAINE  
**QUITLINK**.COM  
1-800-QUIT-NOW



References to tobacco in this document refer to commercial tobacco use, not the sacred and traditional tobacco used by American Indian communities.

# 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 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

