



Why Should I Stop Smoking?

by NEWLIFEOUTLOOK TEAM

How You'll Improve after You Stop Smoking

It's never too late to quit smoking. Quitting has many health benefits and will help you to better manage your COPD.

Quitting and avoiding the temptation to smoke might require avoiding people who refuse to stop smoking when they're in your presence. Keep the people who do support you close by.

Even once you feel like you've quit permanently, you still might get the occasional craving, so be prepared by knowing how to fight those urges when they arise.

From: Be Tobacco Free

GET ON THE PATH TO A HEALTHIER YOU! IF YOU QUIT SMOKING RIGHT NOW:

After 15 years

Your risk of coronary heart disease is the same as a non-smoker's

After 10 years

You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

After 5 years

Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

After 1 year

Your risk of coronary heart disease is cut in half

Within 9 months

You will cough less and breathe easier

Within 3 months

Your circulation and lung function improves

Within 12 hours

The carbon monoxide level in your blood drops to normal

Within 20 minutes

Your heart rate and blood pressure drop

1 Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A, Feely J. Hypertension. 2003;41:183

2 US Surgeon General's Report, 1988, p. 202

3 US Surgeon General's Report, 1990, pp.193, 194, 196, 285, 323

4 US Surgeon General's Report, 1990, pp. 285-287, 304

5 US Surgeon General's Report, 2010, p. 359

6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007, p 341

7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165

8 Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007, p 11



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