

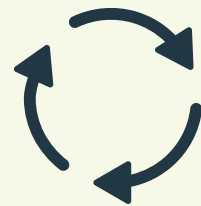
WHEN YOU QUIT SMOKING: THE FACTS



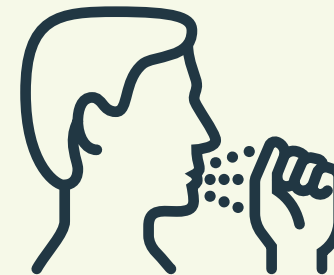
In the first 20 minutes after quitting, your heart rate and blood pressure go down.



Within 12 hours of quitting, the carbon monoxide levels in your blood go down.



Between 2 to 12 weeks, circulation improves and lung capacity increases.



Coughing and shortness of breath decrease between the first and ninth month.



Quitting increases your life expectancy:

If you quit when you are:

You can gain back:

30
years old



10
years of life

40
years old



9
years of life

50
years old



6
years of life

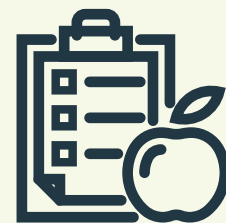
60
years old



3
years of life



A person who smokes an average of one cigarette pack per day would save approximately \$3,000 per year. (And that doesn't include savings from potential future health care-related expenses you avoid!)



If you have diabetes and stop smoking, your health will improve immediately, as it will become much easier to control your blood sugar levels.



10 years after quitting smoking, your risk of lung cancer is cut in half.

Getting support increases your chances of successfully quitting tobacco for good. Get free support from the Oregon Tobacco Quit Line. They also can send you free patches and gum. Call 1-800-QUIT-NOW, text "READY" to 200-400 or visit QuitNow.net/Oregon.

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