

## Immediate benefits of quitting

### 20 minutes

Blood pressure and pulse return to normal

### 8 hours

Oxygen levels return to normal

Nicotine and carbon monoxide levels in blood reduce by half

### 12 hours

Carbon monoxide levels in blood drop to normal

### 24 hours

Carbon monoxide will be eliminated from the body

Lungs start to clear out mucous and other smoking debris

### 48 hours

There is no nicotine left in the body

Ability to taste and smell is greatly improved

### 72 hours

Breathing becomes easier

Bronchial tubes begin to relax and energy levels increase

### 2 - 12 weeks

Circulation improves

Lung function increases

### 3-9 months

Coughs, wheezing and breathing problems improve as lung functions are increased by up to 10%

### 12 months

Excess risk of coronary heart disease is reduced by about half and declines gradually thereafter

### 5 years

Risk of heart attack falls to about half that of a smoker

Risk of stroke returns to the level of people who have never smoked (5 - 15 years)

### 10 years

Risk of lung cancer falls to about half that of a smoker

### 15 years

Risk of coronary heart disease falls to the same as someone who has never smoked

If you quit smoking before the age of 50 you have cut the risk of dying in the next 15 years in half, as compared to continued smokers

## Additional resources:

**1(800) NO-BUTTS**

**[www.smokefree.gov](http://www.smokefree.gov)**



**Huntington**  
Hospital



100 West California Boulevard  
Pasadena, CA 91105  
(626) 397-2230

[www.huntingtonhospital.org](http://www.huntingtonhospital.org)

Physician Referral: (800) 903-9233

*Tobacco cessation*

**Just think,  
soon you can proudly  
say that you don't  
use tobacco!**

**Call (626) 397-2230 for  
an appointment with a  
tobacco treatment specialist  
to start a smoke-free future today.**

### **Tobacco treatment specialist (TTS):**

- Is a clinician with specialized training and expertise in current tobacco cessation products, both OTC and prescription.
- Uses counseling, motivational, and behavior change skills and techniques to help you overcome nicotine addiction.
- Will perform an individual readiness and needs assessment during your first visit.
- Helps you set personalized goals and a "quit" date.
- Has weekly appointments with you that are 45 to 60 minutes long.

### **Common myths/excuses**



- Quitting will make me gain weight.
- If I gain weight from quitting tobacco, being overweight is more unhealthy than tobacco use.
- I've used tobacco so long, the damage is already done, once a tobacco user always a tobacco user.
- Quitting will stress me out or cause anxiety/depression/mood swings, and that is bad for my health.
- Tried quitting in the past and didn't succeed, so I never will be able to quit.
- Cold turkey is the only way to quit for good.
- Nicotine replacement products are dangerous/bad for you.
- Nicotine replacement and/or medications don't work.
- Trying to quit gave me a really bad cold/flu.
- I'm not addicted, I can quit when I want.
- Cutting back will cut my health risks from tobacco use. That's good enough, a few won't hurt.
- My tobacco use only affects me.
- "Light" cigarettes are less harmful.
- Environmental/secondhand smoke isn't deadly.

### **Facts**

- Usually takes several attempts to quit.
- Many people "relapse" and quit again several times throughout their lifetime.
- Uncomfortable symptoms can be avoided/addressed/treated.
- Everyone is different – different strategies work for different people.
- Support and teamwork with a tobacco treatment specialist increase cessation rates.
- Best results are attained with the use of multiple products simultaneously plus interval follow up visits/counseling.

