

# Health Benefits of Smoking Cessation



## 1. There are immediate and long-term health benefits of quitting for all smokers.

### Beneficial health changes that take place:

- Within 20 minutes, your heart rate and blood pressure drop.
- 12 hours, the carbon monoxide level in your blood drops to normal.
- 2-12 weeks, your circulation improves and your lung function increases.
- 1-9 months, coughing and shortness of breath decrease.
- 1 year, your risk of coronary heart disease is about half that of a smoker's.
- 5 years, your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- 10 years, your risk of lung cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
- 15 years, the risk of coronary heart disease is that of a nonsmoker's.

## 2. People of all ages who have already developed smoking-related health problems can still benefit from quitting.

### Benefits in comparison with those who continued:

- At about 30: gain almost 10 years of life expectancy.
- At about 40: gain 9 years of life expectancy.
- At about 50: gain 6 years of life expectancy.
- At about 60: gain 3 years of life expectancy.
- After the onset of life-threatening disease: rapid benefit, people who quit smoking after having a heart attack reduce their chances of having another heart attack by 50%.

## 3. Quitting smoking decreases the excess risk of many diseases related to second-hand smoke in children.

Quitting smoking decreases the excess of risk of many diseases related to second-hand smoke in children, such as respiratory diseases (e.g., asthma) and ear infections.

## 4. Other benefits.

Quitting smoking reduces the chances of impotence, having difficulty getting pregnant, having premature births, babies with low birth weights and miscarriage.

### Connecticut Resources

Department of Mental Health  
and Addiction Services  
Tobacco Prevention and  
Education Program  
[www.ct.gov/dmhas/](http://www.ct.gov/dmhas/)

Department of Public Health  
CT Quitline  
[www.ct.gov/dph](http://www.ct.gov/dph)  
1.800.QUIT-NOW

### National Resources

American Lung Association  
[www.lung.org](http://www.lung.org)

Centers for Disease Control and  
Prevention  
[www.smokefree.gov](http://www.smokefree.gov)



Wheeler

CONNECTICUT  
Clearinghouse

a program of the Connecticut Center  
for Prevention, Wellness and Recovery

800.232.4424 (phone)

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness