



Effects of Quitting after:

20 Minutes

Blood pressure drops to a level close to that before you had your last cigarette. The temperature of your hands and feet increases to normal.

8 Hours

Carbon monoxide level in the blood drops to normal.

24 Hours

Your chance of a heart attack decreases.

2 Weeks to 3 Months

Circulation improves. Your lung function increases up to 30%.

1 to 9 Months

Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia regain normal function in the lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.

1 Year

Your chance of having a heart attack is cut in half.

5 Years

Stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 Years

Your risk of dying from lung cancer is about half that of a continuing smoker's' risks of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

15 Years

Your risk of coronary heart disease is that of a nonsmoker's.

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Example: Malboro \$4.39 (Kmart)

A Day	1 Week	1 Month	1 Year
1/4 pack a day \$1.09	\$7.63	\$32.70	\$392.40
1/2 pack a day \$2.19	\$15.33	\$65.70	\$788.40
3/4 pack a day \$3.27	\$22.89	\$98.10	\$1,177.20
1 pack a day \$4.39	\$30.73	\$131.70	\$1,580.40
1 1/2 pack a day \$6.58	\$46.06	\$197.40	\$2,368.80
2 pack a day \$8.78	\$61.46	\$263.40	\$3,160.80



, A Gonzaga graduate nursing student (Kimberly Erickson) created this informational material. It should be used in consultation with a health care provider