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# COMMIT TO QUIT

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## BENEFITS TO QUITTING-YOUR BODY BEGINS TO HEAL IMMEDIATELY AFTER QUITTING

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- 20 minutes** Blood pressure, heart rate return to normal
- 8 hours** Oxygen level returns to normal; nicotine and carbon monoxide (CO) levels reduced by half
- 24 hours** Carbon monoxide (CO) is eliminated from body, lungs begin to eliminate mucus and debris
- 48 hours** Nicotine eliminated from body; taste and smell improve
- 72 hours** Breathing is easier; bronchial tubes relax, energy levels increase
- 2-12 weeks** Circulation improves
- 3-9 months** Lung function increases up to 10%; coughing, wheezing, breathing problems reduced
- 1 year** Heart attack risk decreased by 15%
- 10 years** Lung cancer risk is decreased by 50%
- 15 years** Heart attack risk same as for someone who never smoked

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## HELPFUL WAYS TO GET STARTED

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- List the reasons for quitting. Place the list where you can see it often
- Set a day to quit. Mark the date on your calendar
- Prepare yourself and your home. Throw away ashtrays and cigarettes.
- Reward yourself. You can save a lot of money when you are no longer buying cigarettes. Decide how you will treat yourself with the extra money after you quit.
- Ask for help. Your doctor can help you with ways to quit.
- Get support. Ask for patience from your partner, family and friends.

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## RESOURCES-PROGRAMS (FREE SERVICES) DESIGNED TO OFFER GUIDANCE TO SMOKERS WHO WANT TO QUIT

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West Virginia Tobacco Quit Line  
1-877-966-8784

[www.smokefree.gov](http://www.smokefree.gov)  
[www.lung.org](http://www.lung.org)