

QUITTING HELPS YOU HEAL FASTER!

**YOUR HOSPITAL VISIT IS A GREAT
TIME TO QUIT SMOKING**



WHY SHOULD I QUIT NOW?

- Smoking may slow your recovery from illness. It may also slow bone and wound healing.
- All hospitals in the United States are smoke free. You will be told NOT to smoke during your hospital stay.

HOW DO I QUIT IN THE HOSPITAL?

- Talk to your doctor or other hospital staff about a plan for quitting. Ask for help right away.
- Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.

HELPFUL HINTS TO STAY QUIT

- Ask your family and friends for support.
- Continue your quit plan after your hospital stay.
- Make sure you leave the hospital with the right medicines or prescriptions.
- If you “flip” and smoke – DON'T GIVE UP! Set a new date to get back on track.
- For help in quitting smoking, call the National Quitline toll free at **1-800-QUIT-NOW** (1-800-784-8669).

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WHAT HAPPENS WHEN A SMOKER QUILTS? A 15 YEAR TIMELINE

**20
MINUTES**

Your heart rate and blood pressure drop. Temperature in hands and feet increase to normal.

**12-48
HOURS**

The carbon monoxide level in your blood drops to normal. Oxygen levels in blood increase to normal. Nerve endings start regrowing and the ability to smell and taste is enhanced.

**2-3
WEEKS**

Your circulation improves and your lung function increases. Walking becomes easier.

**1-9
MONTHS**

Coughing and shortness of breath decreases. Begin to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

**1
YEAR**

The excess risk of coronary heart disease is half that of a continued smoker's risk.

**5
YEARS**

The risk of cancer from mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can call to that of a non-smoker in 2-5 years.

**10
YEARS**

The risk of dying from lung cancer is about 50% of a person who is still smoking. The risk of cancer of the larynx (voicebox) and pancreas decrease. Precancerous cells are replaced.

**15
YEARS**

The risk of coronary artery disease is that of a non-smoker.