

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/

Department of Public Health
CT Quitline
www.ct.gov/dph
1.800.QUIT-NOW

National Resources

American Lung Association
www.lung.org

Centers for Disease Control and
Prevention
www.smokefree.gov



CONNECTICUT
Mental Health & Addiction Services



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

800.232.4424 (phone)
860.793.9813 (fax)
www.ctclearinghouse.org

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