

Quitting Smoking

How Quitting Can Benefit Your Health

Eyes, Ears, Nose, Mouth, and Throat

- Food tastes better
- Sense of smell is improved
- You and your personal space (clothes, hair, breath, home, car, work area, etc.) begin to smell better
- Teeth become less yellow or brown
- Gum disease or risk of tooth loss is reduced
- Less risk for voice box, throat, and mouth cancer
- Reduced risk for cataracts

Lung

- Improved lung function and breathing
- Lung cancer risk does not increase further
- Oxygen levels in blood return to normal

Reproductive and Urinary

- Reduced risk for erectile dysfunction and infertility
- Reduced risk for birth defects
- Less risk for cervical cancer
- Less risk for bladder and kidney cancer

General

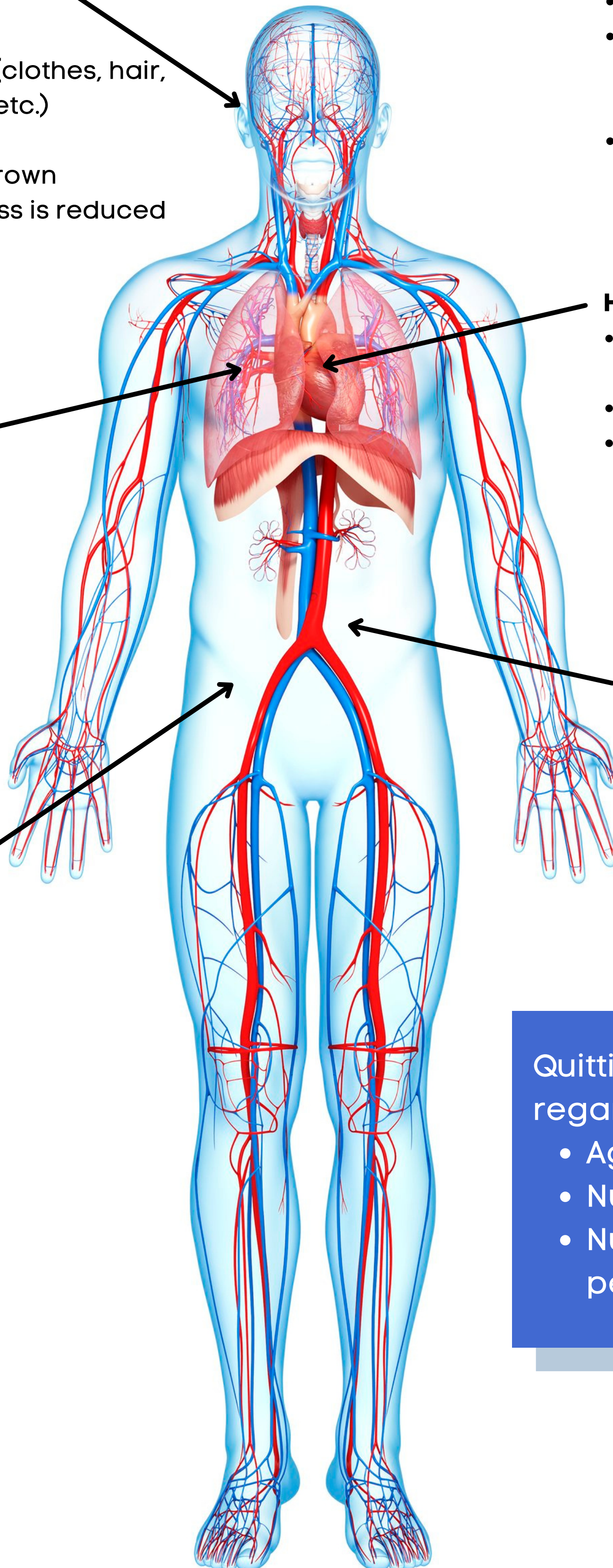
- Energy is improved
- Increased life expectancy in comparison to those who continue to smoke
- Improved ability to fight infections

Heart

- Heart rate and blood pressure drop from increased levels
- Blood flow to the heart is improved
- Heart attack and stroke risk decrease

Digestive and Endocrine

- Risk for diabetes decreases
- Less risk for cancer of the colon, stomach, and pancreas



Quitting smoking improves health regardless of your:

- Age
- Number of years smoked
- Number of cigarettes smoked per day