

## Feel Great About Quitting Smoking!

New information shows that smoking causes diseases in nearly every organ of the body. Smoking is linked to diseases such as leukemia, cataracts, pneumonia, and cancers of the cervix, lung, kidney, pancreas, and stomach. Lung cancer alone claims the lives of more women than any other cancer. Stop smoking to lower your chances of these diseases!

Learn the effects of quitting by clicking on each time period.



If you quit smoking right now, at 11:37 AM (EST) on August 2, 2012, here is what will begin to happen immediately:

- 11:57 AM (in 20 minutes): Your heart rate drops.
- 11:37 PM (in 12 hours): The carbon monoxide (a gas that can be toxic) in your blood drops to normal.
- Aug. 16, 2012 - Nov. 2, 2012 (in 2 weeks to 3 months): Your heart attack risk begins to drop and your lungs are working better.
- Sep. 2, 2012 - May. 2, 2013 (in 1 to 9 months): Your coughing and shortness of breath decrease and your lungs start to function better, lowering your risk of lung infection.
- Aug. 2, 2013 (in 1 year): Your risk for heart disease is half that of a smoker's.
- Aug. 2, 2017 (in five years): Your risk of having a stroke is the same as someone who doesn't smoke.
- Aug. 2, 2022 (in 10 years): Your risk of dying from lung cancer is half that of a smoker's. Your risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas also decreases.
- Aug. 2, 2027 (in 15 years): Your risk of heart disease is now the same as someone who doesn't smoke.