

# You probably know the effects of smoking ...



**But do you know the wonderful effects of quitting?**

- **In 20 minutes**, your heart rate and blood pressure drop.
- **In 12 hours**, your blood's carbon monoxide level returns to normal.
- **In 2 weeks to 3 months**, your circulation improves and lung function increases.
- **In 1 to 9 months**, coughing and shortness of breath decrease, and your lungs regain the ability to clean themselves and reduce the risk of infection.
- **In 1 year**, your excess risk of heart disease is half that of a smoker.
- **In 5 to 15 years**, your risk for stroke is reduced to that of a nonsmoker.
- **In 10 years**, your risk for lung cancer is just half that of a smoker, and your risk for several other cancers decreases too.
- **In 15 years**, your risk of heart disease is the same as a nonsmoker's.

**And there's more: You'll feel better, breathe easier, have more energy, regain your senses of smell and taste, enjoy whiter teeth and fresher breath, have fewer wrinkles, and lower your risk for cataracts!**

**If you're a smoker, quitting is the very best thing you can do for your health. No matter what your age or how long you've smoked, quitting can help you live a longer and healthier life.**

**For more support, call a health coach at 1-800-807-0751.**

See [www.cancer.org](http://www.cancer.org) for this and other information on the effects of quitting smoking.

Your doctor or pharmacist can help you prepare to quit. If you are a UPMC Health Plan member, call 1-800-807-0751 to arrange for support from a personal health coach who is a tobacco cessation specialist. This support is available to you at any time, at no charge.

**Nondiscrimination statement**

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**Translation Services**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 1-800-361-2629).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228 (TTY: 1-800-361-2629)。

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