



## Living Tobacco-Free:

# BENEFITS FOR YOU AND YOUR LOVED ONES

There are many benefits to quitting smoking. And thinking about these benefits can be very motivating. Of course, regaining good health is the biggest benefit, but the other benefits are important too. They can add to your quality of life and the quality of life of those around you, too.

### Health Benefits

Did you know that your health begins to improve the moment that you quit smoking? You may even begin to notice the signs of improved health within days of quitting.

These are some of the positive changes that you may experience:

#### Week One

- Blood pressure and pulse slow down
- Carbon monoxide level in the blood goes down
- Chance of heart attack decreases
- Hands and feet warm up
- Heart and blood vessels begin to heal
- Oxygen level in the blood increases
- Damaged nerve endings start to grow back
- Sense of smell and taste start improving

- Body is nicotine-free (if quitting cold turkey)

#### Week Two

- Blood circulation improves throughout the body
- Breathing gets easier
- Exercise gets easier
- Your overall energy level goes up

#### Week Four

- Lungs function better to clean debris out
- Coughing goes away
- Sinuses clear up

#### Other Benefits

In addition to better health, living tobacco-free has other benefits. For example, you will no longer be subjecting those around you to harmful secondhand smoke. Because you won't be dependent on nicotine, you will also have more control over your mood and behavior. And, you won't have to

schedule your life around smoking breaks.

Your appearance will also improve. When you quit, yellow-stained fingers will no longer be an issue. The bad breath caused by smoking will also disappear. Your clothing will no longer smell like stale cigarette smoke.

Quitting smoking will also save you money. Wouldn't you rather invest your money, pay for a child's schooling, or take your family on a vacation? For a cost-of-smoking calculator, go to: [www.cancer.org/healthy/toolsandcalculators/calculators/app/cigarette-calculator](http://www.cancer.org/healthy/toolsandcalculators/calculators/app/cigarette-calculator).

There are only benefits to quitting. So what are you waiting for? Give up tobacco today—for good.

Ask your health care practitioner if there are any tests, referrals, or treatments that might be helpful to use along with your current treatment plan.