

Legacy Health

Stop smoking, start living

Why quit smoking? To feel better. To live better. Those who have quit enjoy multiple benefits, including improved ability to taste, smell and be physically active; as well as decreased risk of heart attack and cancer. Most importantly, those who have quit can breathe easier.

Call the Tobacco Quit Line (1-800-QUIT NOW)

If you are ready to quit tobacco, the toll-free Tobacco Quit Line can help. Simply call the Quit Line to talk with an expert quit coach, find ways to modify your routine to avoid tobacco and receive a copy of a Quit Guide. You can also contact your doctor for treatment options.

Tobacco Quit Line contact information:

- Toll-free in Oregon or Washington: 1-800-QUIT NOW (1-800-784-8669)
- More than 30 languages spoken
- TTY: 1-877-777-6534 (hearing impaired)
- Available seven days a week from 5 a.m. to 12 a.m. (midnight)
- Online at www.quitnow.net/oregon

Benefits of quitting tobacco

- **Within 20 minutes of your last cigarette:** Blood pressure and heart rate drop to normal. Body temperature of extremities increases to normal
- **After eight hours:** Carbon monoxide level in blood drops to normal. Oxygen level in blood increases to normal
- **After 24 hours:** Chances of heart attack decrease
- **After 48 hours:** Nerve endings in nose and mouth start to re-grow. Ability to taste and smell improves
- **After 72 hours:** Bronchial tubes relax, making breathing easier. Lung capacity increases
- **After two weeks to three months:** Circulation improves. Walking becomes easier. Lung function increases up to 30 percent
- **After one to nine months:** Coughing, sinus congestion, fatigue, shortness of breath decrease. Cilia re-grow in lungs, increasing ability to handle mucus, clean lungs and reduce infection
- **After five years:** Lung cancer death rate for average smoker decreases from 137 per 100,000 people to 72 per 100,000 people
- **After 10 years:** Pre-cancerous cells are replaced with normal cells; risk of other cancers such as mouth, voice box, esophagus, bladder, kidney and pancreas decreases

Source: U.S. Department of Health and Human Services. *Reducing Tobacco Use: A Report of the Surgeon General*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2000.

MAC-4586

