

# The Benefits of Quitting Tobacco

12 minutes after quitting your heart and blood pressure drops.

12 hours after quitting carbon monoxide levels in your blood drop to normal

1-2 weeks – 3 months after quitting your circulation improves and lung function increases

1 year after quitting the excess risk of coronary heart disease is half that of a continuing smoker's.

Quitting lowers risk of diabetes, lets blood vessels work better, and helps the heart and lungs.

## Resources to Quit

Don't do it alone, call for support.

**1-800-QUIT-NOW**

**1-800-784-8669**

Massachusetts Smoker's Helpline

**Make smoking history.**

#GASO

#BreatheFree

# GASO: The Great American Smoke Out

Today is the day that quitters win. The third Thursday of every November is dedicated to encouraging smokers to be victorious over tobacco.



**Public Health**  
Prevent. Promote. Protect.



## What's in a Cigarette?

Cigarettes contain more than 7,000 chemicals, including those normally found in paint thinners/paint and pesticides. Formaldehyde, commonly used to preserve bodies, is found in cigarette smoke, as well as cadmium, an element usually found in batteries.

When a cigarette burns, reactions take place creating even more chemicals.

### Facts About Tobacco

1. Smoking as a teen can stunt lung growth
2. Smoking accelerates skin aging, which could lead to premature wrinkles
3. Smoking tobacco causes cancer of the mouth, pancreas and esophagus
4. One out of every five deaths in the US is caused by smoking.

*Facts from [www.therealcost.com](http://www.therealcost.com)*

## Quit for yourself and those around you

There is never a wrong time to quit smoking in order to live a longer and healthier life.

### Health of Others

Smoking hurts the people around you, who are exposed to secondhand smoke in the form of exhaled smoke, as well as smoke from burning cigarettes.

### *Set an example for the youth in your life*

Children at a young age are impressionable and look up to the adults in their life as role models. Children who have parents or parental figures who smoke are more likely to start smoking themselves.



Quitting provides immediate rewards:

- Better smelling breath
- Yellow fingers and fingernails disappear
- Stained teeth get whiter
- Every day activities no longer leave you out of breath
- Sense of smell returns to normal

## Cost

Smoking is expensive! Save money while saving your health.

**How much money do you spend per day? Multiply this by 365 to see how much you spend every year.**

Take this number and add the cost for health problems that may arise due to tobacco use.

## Contact Us

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