



## Tobacco-Free Yale

*Let's Clear the Air*

### You'll Live Longer

Quitting helps lower your risk for cancer, heart attacks, and chronic health problems.

### You'll Save Money

The average cost of a pack of cigarettes in CT: **\$9**  
Quitting can save you almost **\$18,000** over 5 years.

### You'll Have More Energy

Your lungs will begin to work better, and the increased oxygen in the bloodstream means you'll feel more energized.

### You'll Look and Feel Healthier

Quitting creates brighter smiles, reduces premature wrinkles, and helps you feel healthier.

### READY TO QUIT?

To learn more and to get information on cessation resources available to the entire community, visit [tobaccofree.yale.edu](http://tobaccofree.yale.edu)

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## Immediate and Long-Term Health Benefits:

20 minutes



Your heart rate and blood pressure drop back to normal levels.

12 hours



The carbon monoxide level in your blood drops to normal.

24 hours



Your chance of a heart attack is lower.

48 hours



Damaged nerve endings start to regrow. Your sense of smell and taste start to improve.

2 weeks



Your circulation and lung function improve.

1-9 months



Coughing and shortness of breath decrease. The tiny hairs lining the lungs (aka "cilia") work normally again, cleaning the lungs and reduce infections.

1 year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5 years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker.

10 years



The risk of dying from lung cancer is about half that of a person who is still smoking.

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