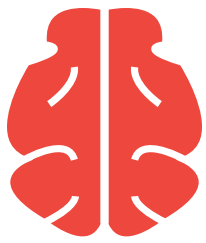


# BENEFITS OF QUITTING

## 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: \$8

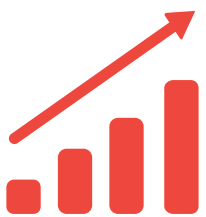
**\$56** PER WEEK

**\$224** PER MONTH

**\$2,912** PER YEAR

**\$14,560** 5 YEARS

\* Based on price of cigarettes increasing 6% annually.



### 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?

Visit [tobaccofree.yale.edu](https://tobaccofree.yale.edu)

to find out about resources and available support.

### 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.

**15**  
years



The risk of coronary heart disease is the same as a person who has never smoked.