

# Benefits of quitting smoking



20 minutes	Your heart rate and blood pressure drop.
12 hours	The carbon monoxide level in your blood drops toward normal.
2 weeks to 3 months	Your circulation and lung function start to improve.
1 to 9 months	You regain your sense of taste and smell, and cough less.
1 year	Your heart disease risk is lowered by 50%.
5 years	Your risks of mouth, throat, esophagus and bladder cancers are 50% less. Your risks of cervical cancer, heart disease and stroke are the same as a non-smoker's.
10 years	You're 50% less likely to die from lung cancer. Your risks of larynx, kidney and pancreatic cancers decrease.
15 years	Your heart disease risk is that of a non-smoker.

Scan the QR code  
for information about  
[lung cancer screening](#)



## Quitting cigarettes can save you money.

If you smoke a pack a day, you can save as much as \$2,900 a year.

THE UNIVERSITY OF TEXAS

**MDAnderson**  
**Cancer Center**

Making Cancer History®

# Tips to quit tobacco

- **Get ready**

Select a quit date and make it special. Try to reduce your tobacco use before your quit date.

- **Get support**

Ask family and friends to support you. Ask your doctor to prescribe a medication for smoking cessation or your employer to help you find a cessation program.

- **Learn new skills and behaviors**

Change daily routines to break away from tobacco triggers. Get your teeth cleaned and try peppermints, sunflower seeds or gum to keep your mouth busy.

- **Consider nicotine replacement therapy**

Nicotine replacement products are sold over the counter and by prescription, and can double your chances of quitting. Speak with your doctor about what may be right for you.

- **Be prepared for relapse or difficult situations**

It may take multiple attempts to quit.



## Get help to quit

- **Join a study**

MD Anderson is studying treatments to help you quit and remain tobacco-free.  
Call **877-632-6789**

- **Join the EX Program**

Text VAPEFREEXTX to 88709 to enroll

- **Get phone support**

Get free help through your state quitline  
- Call **800-784-8669** (800-QUIT NOW)  
- Text QUIT to **47848**

- **Get online support**

Visit [SmokeFree.gov](https://SmokeFree.gov)

**E-cigarettes  
have not been  
proven as a safe or  
effective smoking  
cessation  
tool.**

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