

## **Jamison: Patient Education and Wellness**

### **HANDOUT 16.4: THE POTENTIAL BENEFITS OF QUITTING**

Tick the benefits you will most value when you quit.

At 20 minutes after quitting, nicotine is filtered out of the body and:

- ☐ pulse returns to normal
- ☐ blood pressure returns to normal
- ☐ body temperature returns to normal

After 12 hours:

- ☐ blood carbon monoxide level returns to normal

After 24 hours:

- ☐ circulation improves
- ☐ fine motor coordination improves

After 6 weeks:

- ☐ the smoker's cough decreases

After 3 months:

- ☐ taste and smell improve
- ☐ endurance and stamina improve
- ☐ immunity improves

After 1 year:

- ☐ the personal risk of coronary heart disease is halved, reducing from four times to twice the non-smoker's risk

After 5 years:

- ☐ halving of the personal risk of oral, throat, and oesophagus cancer
- ☐ the risk of lung cancer is reduced from ten times to twice the 'never' smoker

After 5–15 years:

- ☐ a personal risk of stroke equivalent to that if you had never smoked
- ☐ halving the personal risk of severe facial wrinkling

After 10 years:

- ☐ risk of lung cancer half that of a smoker

After 15 years:

- ☐ a personal risk of coronary heart disease equivalent to that if you had never smoked
- ☐ compared to the smoking years, a significantly decreased risk of premature death, lung cancer, bladder cancer and peripheral vascular disease

[http://www.tobacco-facts.info/tobacco\\_withdrawal.htm](http://www.tobacco-facts.info/tobacco_withdrawal.htm)

Tips Avoiding weight gain when you quit

<http://www.webmd.com/smoking-cessation/stop-smoking-9/cravings-weight-gain>