

Snuff Out Smoking —

FOR LIFE!

**NOVEMBER 16TH IS THE
GREAT AMERICAN SMOKEOUT**

When Smokers Quit:

- 8 hours after quitting: The carbon monoxide level in blood drops to normal
- 24 hours after quitting: Your chance of a heart attack decreases
- 2 weeks—3 months after quitting: Your lung function increases by up to 30%
- 1 year after quitting: the excess risk of coronary heart disease is half that of a smoker
- 5 years after quitting: Your stroke risk is reduced to that of a nonsmoker
- 10 years after quitting: The lung cancer death rate is about half that of a smoker's.
- A person can add between 12-15 years to their life expectancy
- A pack-a-day smoker could expect to save approximately \$11,000 — 10 years after quitting!!

Wisconsin Tobacco Quit

Line:

877-270-STOP



**The Centers for Disease Control reports that 21.6% of
US adults are smokers**

**81 percent of all lung cancers are attributable to
smoking**

**In the year 2000, more than 7,300 Wisconsin
residents died from a smoking-related disease**

**Cigarettes kill more Americans than alcohol, car
accidents, suicide, AIDS, homicide and illegal
drugs combined.**

ONLINE RESOURCES

www.cancer.org

www.quitnet.com

www.lungusa.org

www.healthfinder.gov