

# The Benefits OF QUITTING

## COMPARED TO SMOKERS, YOUR...

Stroke risk is reduced to that of a person who never smoked after 5 to 15 years of not smoking.

Cancers of the mouth, throat, and esophagus risks are halved 5 years after quitting.

Cancer of the larynx risk is reduced after quitting.

Coronary heart disease risk is cut by half 1 year after quitting and is nearly the same as someone who never smoked 15 years after quitting.

Chronic obstructive pulmonary disease risk of death is reduced after you quit.

Lung cancer risk drops by as much as half 10 years after quitting.

Ulcer risk drops after quitting.

Bladder cancer risk is halved a few years after quitting.

Cervical cancer risk is reduced a few years after quitting.

Low birth weight baby risk drops to normal if you quit before pregnancy or during your first trimester.

Peripheral artery disease goes down after quitting.

## 1-800-QUIT NOW

Source: Centers for Disease Control and Prevention.  
Tobacco Information and Prevention Source  
[http://www.cdc.gov/tobacco/sgr/sgr\\_2004/posters/benefits.htm](http://www.cdc.gov/tobacco/sgr/sgr_2004/posters/benefits.htm)