Physiological Effects of Quitting Smoking

- **20 minutes:** heart rate slows.
- **12 hours:** carbon monoxide in blood returns to normal level.
- **2 weeks to 3 months:** lung functions improve: risk of heart attacks declines.
- **1 to 9 months:** coughing and shortness of breath reduces.
- **+ 1 year:** risk of a heart attack = 1/2 that of a smoker’s.
- **5 to 15 years:** risk of stroke is the same as someone who does not smoke.
- **+10 years:** risk of lung cancer = 1/2 that of a smoker’s.
- **+15 years:** risk of a heart attack = non-smoker’s.

Tips to Help You Quit or Reduce the Amount You Smoke

- Write down your reasons for quitting
- Commit to a quit/reduction date
- Create a plan to deal with cravings and triggers
- Find a quit buddy, or someone who will support your efforts to not smoke
- Acknowledge and reward yourself for not smoking

71% of Hampshire students DON'T SMOKE

Butt Out and Be Part of the Movement

*71% of Hampshire students reported they had not smoked tobacco within the last 30 days.*
Support Resources

**Health Services**

x5458 can help you cut back or quit

- Individualized smoking cessation counseling
- Prescription quitting aids
- Over-the-counter nicotine replacement quitting aids
- Acupuncture

**Online Tobacco Cessation Support**

- www.becomeanex.com
- www.quitnet.com
- www.trytostop.org
- lungusa.org
- http://www.tobacco-facts.info/cost_to_society.htm (calculator to estimate costs)

**12-step meeting**

- nicotine-anonymous.org