

We are a smoke
free campus.



Thank you for helping
to provide a healthy
environment for everyone.

StDavid's HEALTHCARE

When Smokers Quit – What Are the Benefits Over Time?

- 20 minutes after quitting: Your heart rate and blood pressure drops.
- 12 hours after quitting: The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.
- 1 to 9 months after quitting: Coughing and shortness of breath decrease.
- 1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.
- 5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- 10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.
- 15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

Smokers can get help finding a Quitline® phone counseling program in their area by calling the American Cancer Society at 1-800-ACS-2345 or 1-800-227-2345