



# QUIT LIKE A CHAMPION™

## Great American Smokeout®



Get ready to lose the habit, and become victorious over tobacco.

The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke, and tobacco use remains the single largest preventable cause of disease and premature death in the United States.

So if you can quit for one day, you've taken an important step toward a healthier life. It's a race for your health, and it starts today.

Today's the day that quitters win.

### Why Quit?

The health benefits begin the moment you stop smoking. Quitting at any age can give you back years of life that would be lost by continuing to smoke.

### More Information about Quitting

Sure, it's hard to be a quitter, but with help, you can increase your chances of success.

The American Cancer Society can coach you through it, step by step, by providing quit-smoking programs, resources, and support that can increase your chances of quitting and staying quit.

To learn more, call us at **1-800-227-2345** or visit [cancer.org/smokeout](http://cancer.org/smokeout) to find free tips and tools.

## How does your body recover after quitting ...

20  
minutes



Your heart rate and blood pressure drop.

12  
hours



The carbon monoxide level in your blood drops to normal.

2-3  
weeks months



Your circulation improves, and your lung function increases.

1-9  
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1  
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5  
years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10  
years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15  
years



The risk of coronary heart disease is that of a non-smoker's.