Tobacco use can lead to tobacco dependence and serious health problems.

Quitting smoking greatly reduces the risk of developing smoking-related diseases.

Work with your Nurse Care Manager and our Healthcare Home Wellness Coach to learn more and to quit smoking for good.

**WHAT HAPPENS WHEN YOU QUIT SMOKING**

Within minutes of smoking your last cigarette, your body starts to recover:

- **20 MINUTES**
  - Your heart rate and blood pressure drop.

- **24 HOURS**
  - Chance of heart attack decreases.

- **2 - 3 WEEKS/MONTHS**
  - Your circulation improves and your lung function increases.

- **1 - 9 MONTHS**
  - Coughing, shortness of breath and sinus congestion decrease.

- **1 YEAR**
  - Risk of heart disease drops to half that of a smoker.

- **5 YEARS**
  - Risk of cancer of the mouth, throat, esophagus and bladder are cut in half.

- **10 YEARS**
  - Lung cancer risk is half that of a smoker.

- **15 YEARS**
  - Risk of heart disease is that of a nonsmoker.