



# Healthcare Home

## Tobacco Treatment Program

- 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.

