

ACCORDING TO THE AMERICAN CANCER SOCIETY –
**when smokers quit,
benefits begin almost immediately
and will continue over time:**

**YOUR LAST
CIGARETTE**

**20
MINUTES
AFTER
QUITTING**

Your heart rate and blood pressure will drop.

**12 HOURS
AFTER
QUITTING**

The carbon monoxide in your blood returns 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; cilia (*tiny hair-like structures that move mucus out of the lungs*) 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
AFTER
QUITTING**

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

**5 YEARS
AFTER
QUITTING**

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

**10 YEARS
AFTER
QUITTING**

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

**15 YEARS
AFTER
QUITTING**

The risk of coronary heart disease is now that of a non-smoker's.
And – the benefits will continue over time...



Smoking Cebation

Jiyuan Zhang



Smoking Cebation:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Smoking Cebation**

In some sort of inundated with displays and the cacophony of instant transmission, the profound power and psychological resonance of verbal beauty usually disappear into obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, situated within the musical pages of **Smoking Cebation**, a charming work of fictional elegance that impulses with natural emotions, lies an memorable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus guides visitors on an emotional odyssey, gently revealing the latent possible and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is key styles, dissect its fascinating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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