

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

**Michael Fiore, United States. Smoking
Cessation Guideline Panel**

Smoking Cebation:

Whispering the Techniques of Language: An Emotional Quest through **Smoking Cebation**

In a digitally-driven world wherever screens reign great and immediate communication drowns out the subtleties of language, the profound secrets and mental subtleties concealed within words often get unheard. Yet, nestled within the pages of **Smoking Cebation** a interesting fictional value pulsing with raw thoughts, lies an exceptional journey waiting to be undertaken. Penned by a talented wordsmith, that wonderful opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very material of each and every word. Within the emotional depths of this emotional review, we shall embark upon a heartfelt exploration of the book is primary subjects, dissect their charming writing fashion, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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