



Learning About the Benefits from Quitting Smoking

How does quitting smoking make you healthier?

If you're thinking about quitting smoking, you may have a few reasons to be smoke-free. Your health

- When you quit smoking, you lower your risks for cancer, lung disease, heart attack, stroke, blood vessel disease, and blindness from macular degeneration.
- When you're smoke-free, you get sick less often, you heal faster. You are less likely to get colds, flu, bronchitis and pneumonia.
- As a nonsmoker, you may find that your mood is better and you are less stressed.

When and how you will feel healthier

Quitting has real health benefits that start from day one of being smoke-free. And the longer you stay smoke-free, the healthier you get and the better you feel.

How would quitting help others in your life?

When you quit smoking, you improve the health of everyone who now breathes your smoke.

- Their heart, lung, and cancer risks drop, much like yours.
- They are sick less. For babies and small children, living smoke-free means they're less likely to have ear infections, pneumonia and bronchitis.
- If you're a woman who is or will be pregnant someday, quitting smoking means a healthier newborn.
- Children who are close to you are less likely to become adult smokers.

