

# Benefits to Staying Quit

You've done it. You've quit using tobacco.

You've made a great start to a healthier life.

And as soon as you quit tobacco the health benefits start immediately.

Within 20 minutes your blood pressure and pulse rate decrease.

In the first 8 hours oxygen levels in your blood return to normal.

Within 48 hours your chance of heart attack decreases, your nerve endings start to regrow, and your ability to smell and taste improves.

As times passes, your lungs and circulation work better. And your risk of: heart disease, stroke, cancer, and ulcers all decrease.

The longer you stay quit the greater the health benefits are.

*"I could feel my lungs clearing up, and I could feel it within a day or two, and after a few days it would be quite clear."*

There are social benefits to quitting as well.

Your family and friends will be happier and stop telling you to quit using tobacco.

Your clothes will no longer carry that smoke smell.

And think of how much money you will save now that you aren't buying tobacco products...

*"I decided to quit, and I grabbed one of those big Marlboro boxes and put tape all around it with a little slit at the top, and every day that I didn't smoke I would put \$5 in there. And after some time when I opened it up-- I forget exactly how much it was, somewhere around \$700 or \$900. That money was the sweetest money I ever earned."*

Take some time once you are quit to note the benefits you experience and see how those benefits grow overtime.