

Know what to expect when quitting tobacco

Benefits of quitting



20 minutes after quitting
your heart beat slows down
towards a healthier rate



12 hours after quitting
some poisons in your blood
drops to normal



2 to 12 weeks after quitting
your risk of heart attack begins to drop



1 to 9 months after quitting
your cough and breathing improve



1 year after quitting
your risk of having a heart attack is
half that of a person who smokes

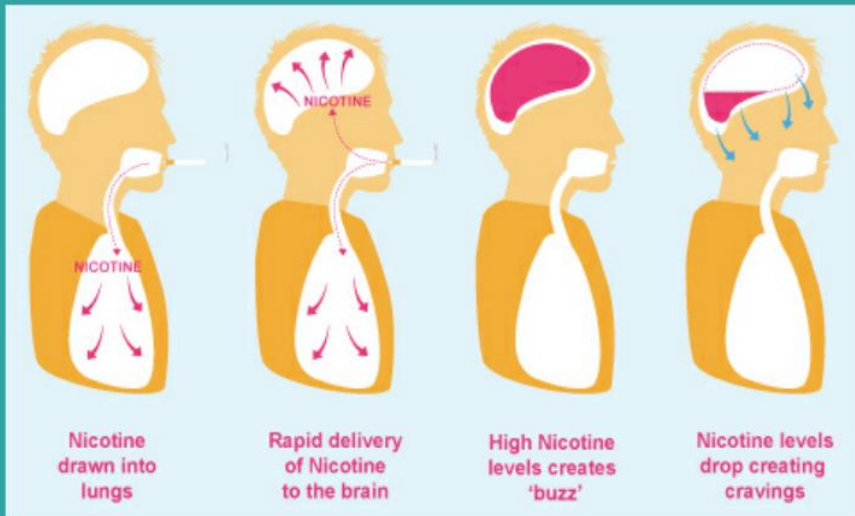
Cost savings after quitting tobacco

How would you spend the extra cash?



* Based on Oregon's average of about \$5.69 per pack of cigarettes

Symptoms of nicotine withdrawal:



- Urge to smoke
- Depressed
- Lack of sleep
- Frustrated or angry
- Anxious
- Restless
- Increased appetite or weight gain

Steps to Quit Tobacco



Resources



Oregon Tobacco Quit Line

English: 800-784-8669
Spanish: 877-266-3683
www.oregonquitline.org



Group Classes (in-person)

St. Charles Health System
www.stcharleshealthcare.org
(541) 706-6390



Online Resources

www.smokefree.gov
www.becomeanex.org
www.ffsonline.org