

Quitting Tobacco: know what to expect

Benefits



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



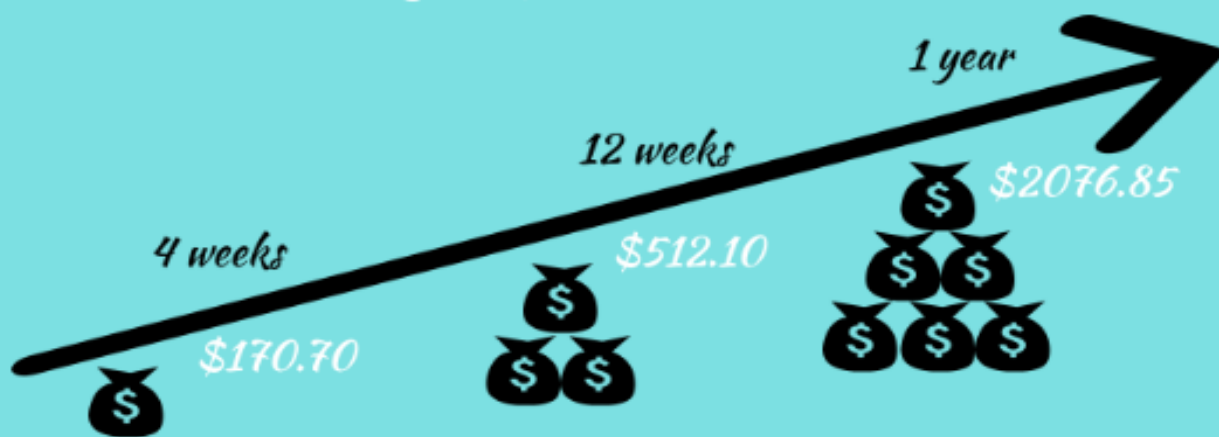
1 to 9 months after quitting
your cough and breathing
improve



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

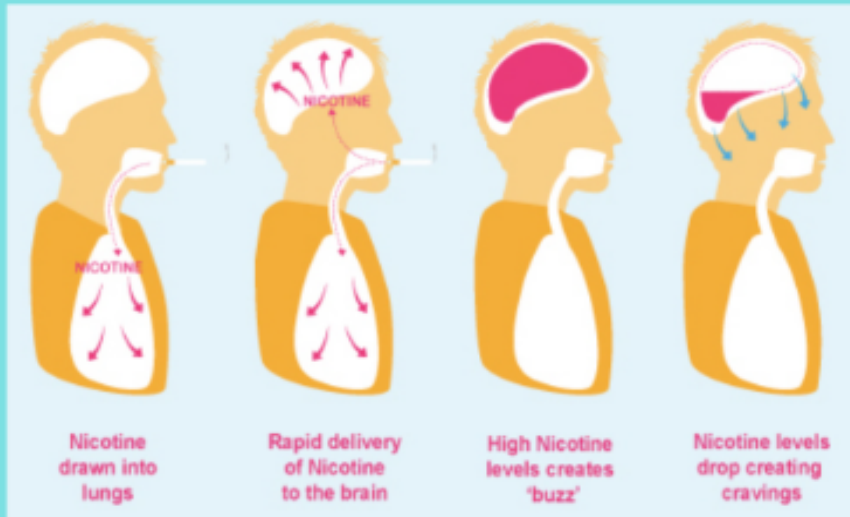
Cost savings after quitting

How would you spend the extra cash?



* Based on Oregon's average of about \$5.69 per pack of cigarettes
**The amount listed is based on smoking a pack of cigarettes per day

Nicotine Withdrawal Symptoms & Treatment:



Cravings from tobacco can make it tough to quit. You may feel the urge to smoke, or feel sad, anxious, tired, and get hungry more often.

The good news is there are things that can help with these feelings such as medications, nicotine gum, and patches.

Joining a support group can increase your success too!

Steps to Quit



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