

# Quitting Tobacco: Know What to Expect

## Benefits of Quitting



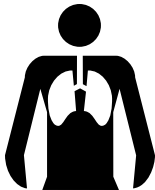
**20 minutes after quitting**  
your heart beat slows down towards a healthier rate



**12 hours after quitting**  
some poisons in your blood drop to normal



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

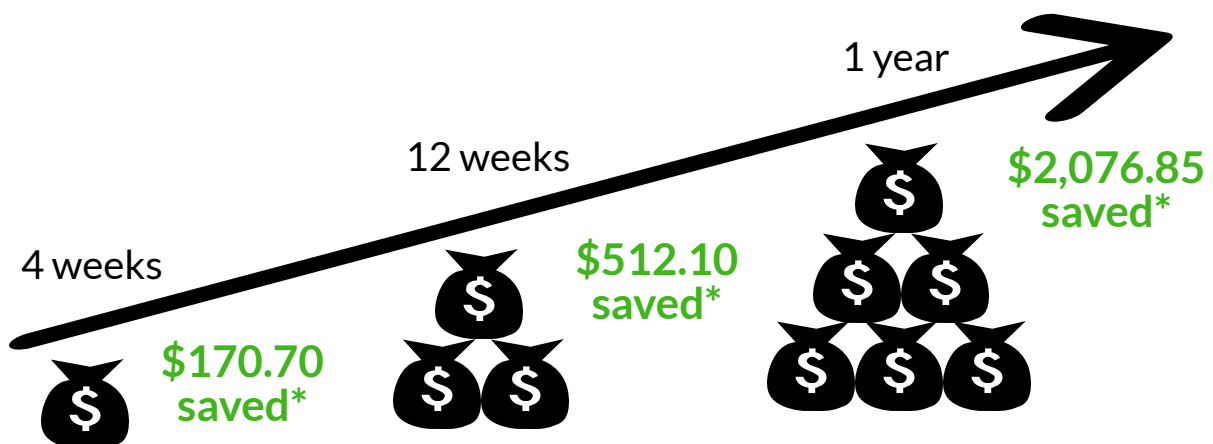


**1 to 9 months after quitting**  
your cough and breathing improve



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

## Cost Savings after Quitting Tobacco



\*Based on a one pack/day purchase at Oregon's average of about \$5.69 per pack of cigarettes

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# Steps to Quit Tobacco

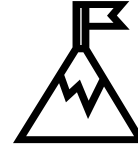
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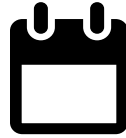
Remove tobacco from your home,  
car, and workplace



Anticipate the  
challenges



Set a date



Tell others



Talk to your  
health care provider



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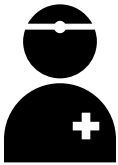
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## Tips and Support

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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.



### GOOD NEWS:

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!

### TO LEARN MORE GO TO:



#### Oregon Tobacco Quit Line

English: 800-784-8669  
Spanish: 877-266-3683  
[www.oregonquitline.org](http://www.oregonquitline.org)



#### Online Resources

[www.smokefree.gov](http://www.smokefree.gov)  
[www.becomeanex.org](http://www.becomeanex.org)  
[www.ffsonline.org](http://www.ffsonline.org)



To request this information in an alternate format  
contact 541-306-3523 or email [cohealthcouncil.org](mailto:cohealthcouncil.org)



Rev. 4/17/18