Quitting smoking early in pregnancy is best, but quitting at any time is beneficial!

Your Health Improves in Minutes
After only 20 minutes of not smoking, your health begins to improve. Here is how.

What you will experience after only*:

20 minutes:
- Blood pressure and pulse rate drop to normal.
- Body temperature of your hands and feet (circulation) returns to normal.

8 hours:
- Carbon Monoxide levels drop and you begin to get more oxygen with each breath.

24 hours:
- Your risk of having a heart attack decreases.

48 hours:
- Nerve endings start to regenerate. Your ability to taste and smell is enhanced.

2 weeks:
- Circulation continues to improve.
- Walking becomes easier.
- Lung function increases 30%.

1 month:
- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- Cilia are repaired in the lungs, improving the ability to clean the lungs and reducing the chance of infection.
- Body’s overall energy level increases.

1 year:
- Your risk of coronary heart disease is half that of a smoker.

5 years:
- Lung cancer death rate decreases by almost half.
- Stroke risk is reduced to that of a nonsmoker from 5-15 years smoke-free.

*Information provided by the American Cancer Society.

FIND HELP TODAY! For more information, contact:
Tennessee Intervention for Pregnant Smokers (TIPS)
Office: (423) 439-6705  Fax: (423) 439-2440
TIPS Web site: http://www.etsu.edu/tips

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