**Name:**

**800 Number:**

**Instructions:** Read through the facts below and answer the questions at the end.

**Benefits of Smoking Cessation**

By Frank Leone, MD Penn Medicine

The health benefits of quitting smoking begin soon after your last cigarette.

* 20 minutes after quitting: your heart rate and blood pressure drop.
* 12 hours after quitting: the carbon monoxide level in your blood drops to normal.
* Two weeks to three months after quitting: your heart attack risk begins to drop, and your lung function and circulation begin to improve.
* One to nine months after quitting: coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing your body’s ability to handle mucus, clean the lungs and reduce the risk of infection.
* One year after quitting: your risk of heart disease is 50% less than the risk for a smoker.
* Five to 15 years after quitting: your stroke risk is reduced to that of a lifetime nonsmoker; your risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decreases, and cervical cancer risk (in women) falls to that of a nonsmoker.
* Ten years after quitting: your risk of dying from lung cancer is about half that of a smoker, and your risk for cancer of the larynx and pancreas decreases.
* 15 years after quitting: your risk of heart disease is equal to that of a nonsmoker.

Quitting smoking also helps you to save money. Assuming that a pack of cigarettes costs $5.25:

* If you smoke 10 cigarettes/day, quitting would save you $79/month, or $945 per year.
* If you smoke one pack/day, quitting would save $157/month, or $1,890 per year.
* If you smoke two packs/day, quitting would save you $315/month, or $3,780/year.
* Quitting smoking also reduces the amount you pay for insurance and reduces the costs associated with illnesses for you and your family (e.g., co-pays for medical visits).

1. In your experience, what are some of the benefits/positive effects of smoking, and what are some of the disadvantages/drawbacks to smoking?
2. If you decided to stop smoking, what are some alternative strategies or habits that would be helpful for you to use or develop?
3. How does smoking on campus negatively affect the community?