

# What Happens When You Quit Tobacco<sup>1</sup>

Positive changes start when you quit.

## Time After you Quit



Health changes refer to someone who quits smoking versus someone who does not quit.

## Minutes

Your heart rate drops.

## 24 hours

Nicotine level in the blood drops to zero.

## A few days



Carbon monoxide level in your blood drops to the level of someone who does not smoke.

## 1-12 months

Coughing and shortness of breath decrease.

## 1-2 years

Your risk of a heart attack drops.

## 5-10 years

Added risk of cancers of the mouth, throat, and voice box drops by half. Risk of stroke decreases.

## 10-15 years

Added risk of lung cancer drops by half. Risk of bladder, esophagus, and kidney cancer decreases. Risk of heart disease drops to close to that of someone who does not smoke.



## Your Care Team



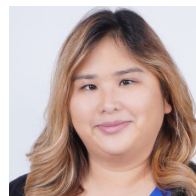
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Current as of 11/2023  
Stanford Health Care Patient Experience/Health Education,  
Engagement, and Promotion



Support to Quit Tobacco  
at Stanford Health Care

Free counseling  
and support using  
telemedicine

For information, call 650-497-6583 or  
[tobaccotx@stanfordhealthcare.org](mailto:tobaccotx@stanfordhealthcare.org).

Interpreters are available

**Stanford**  
Cancer Institute  
A National Cancer Institute  
Comprehensive Cancer Center

 **Stanford** | MEDICINE



## Tobacco Treatment Service at Stanford Health Care

Quitting tobacco is hard. At Stanford Health Care, you have a team to support you.

We are here for you whether you are ready to quit now, or just want to find out more.

### We offer:

- One-on-one sessions to build motivation and develop a treatment plan just for you
- Mindfulness skills
- Support and education
- Access to nicotine replacement therapy (NRT) and medicines to help you quit
- Support for family and household members who use tobacco products

## Why Quit Tobacco?

- Less treatment side effects (from surgery, radiation, and chemotherapy)
- Increased chance of successful cancer treatment
- Breathe better and move more easily
- Save money

## Steps on Quitting

- 1. Choose the right day.**  
Pick your day to go tobacco-free.
- 2. Keep busy for the first 2-3 days.**  
Spend time in smoke-free places. Ask friends and family for support. Spend time with a pet. Be active. Do things you enjoy like hobbies.
- 3. Remove tobacco.**  
Throw away all tobacco and products like ashtrays and lighters. Stay away from stores that sell tobacco.
- 4. Seek support.**  
Reach out to Stanford's Tobacco Treatment Service for medicine and support. Our services are free for you and your family. You do not have to do it alone.

## Common Thoughts

Do you have these thoughts?	Facts
I wonder if it is too late to quit.	It is never too late to quit. Being tobacco free helps prevent secondary cancers and heart disease. <sup>2</sup>
I am worried about getting addicted to nicotine replacement products.	Nicotine replacement therapy (NRT) has a much lower risk of addiction than cigarettes. The amount of nicotine in NRT is less than in cigarettes and it is delivered more slowly. <sup>3</sup>
Will I feel stressed, anxious, or depressed if I quit?	Withdrawal symptoms like these, and trouble sleeping, cravings, and weight gain can be treated. <sup>4</sup>
Could I quit now even if I failed before?	It takes most people more than one try, before they quit tobacco for good. <sup>5</sup>

<sup>1</sup> Centers for Disease Control and Prevention. (CDC). Benefits of Quitting | Smoking & Tobacco Use | CDC

<sup>2</sup> <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

<sup>3</sup> <https://smokefree.gov/sites/default/files/pdf/mythsaboutNRTfactsheet.pdf>

<sup>4</sup> <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/7-common-withdrawal-symptoms/index.html>

<sup>5</sup> <https://smokefree.gov/stay-smokefree-good/stick-with-it>