

# TIMELINE OF QUITTING BENEFITS



## 20 minutes after last cigarette:

Blood pressure and pulse rate drop.  
Body temperature rises toward normal.



## 12 hours after quitting:

Carbon monoxide and oxygen levels become normal.



## After 2 weeks to 3 months:

Breathing and walking become easier. Risk of heart attack decreases.



## After 1 to 9 months:

Less coughing and shortness of breath.  
More energy.



## After 1 year:

Risk of heart disease is cut in half.



## After 5 to 15 years:

Risk of stroke is lowered to that of a nonsmoker.



## After 10 years:

Risk of lung cancer drops to half that of continuing smokers. Risk of cancer of the mouth, throat, bladder, kidney, and pancreas decreases.



## After 15 years:

Risk of heart disease and death is nearly the same as people who have never smoked.

[WWW.TOBACCOFREEKIDS.ORG/RESEARCH/FACTSHEETS/PDF/0246.PDF](http://WWW.TOBACCOFREEKIDS.ORG/RESEARCH/FACTSHEETS/PDF/0246.PDF)

SoonerCare



# SoonerCare

## TOBACCO CESSATION BENEFITS



SoonerCare covers all FDA-approved medications to help you quit tobacco. These do not count against the six-prescription limit per month.

.....

### **Talk with your SoonerCare provider about which options are best for you:**

- + Nicotine Patches
- + Nicotine Gum
- + Nicotine Lozenges
- + Nicotine Inhaler
- + Nicotine Nasal Spray
- + Bupropion SR (Zyban/Wellbutrin)
- + Varenicline (Chantix)

**Free counseling and patches, gum, or lozenges are available through the Oklahoma Tobacco Helpline.**

This publication, printed by OU Printing Services, is issued by the Oklahoma Health Care Authority as authorized by Title VI and Title VII of the 1964 Civil Rights Act and the Rehabilitation Act of 1973. 15,000 copies have been prepared and distributed at a cost of \$1350.00. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. [74 O.S.2001 § 3105 (C)]

