

Quit together. Win together.

The American Cancer Society Great American Smokeout® event takes place on the third Thursday of November each year, encouraging smokers to use the date to make a plan to quit, or to plan in advance and stop smoking that day. By quitting – even for one day – smokers take an important step toward a healthier life – one that can help reduce their cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet about 42 million Americans still smoke cigarettes – which amounts to about 1 in every 5 adults. As of 2012, there were also 13.4 million cigar smokers in the US, and 2.3 million people who smoked tobacco in pipes, which are also dangerous and addictive forms of tobacco use.

Why quit?

The health benefits of quitting start the moment a person stops smoking. Quitting when you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

More Information about Quitting

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide quit-smoking programs, resources, and support that can increase your chances of quitting successfully. To learn about the available tools, call us at 1-800-227-2345 or visit cancer.org/smokeout to find free tips and tools.

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How does your body recover after smoking ...

20
minutes



Your heart rate and blood pressure drop.

12
hours



The carbon monoxide level in your blood drops to normal.

2–3
weeks months



Your circulation improves and your lung function increases.

1–9
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5
years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10
years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15
years



The risk of coronary heart disease is that of a non-smoker's.