



Quit for you and everyone who cares for you. The Great American Smokeout

End your addiction to tobacco. The benefits begin in minutes.

The American Cancer Society Great American Smokeout event is a great time to begin a tobacco-free life. Every November, we set aside the third Thursday in November as the one day for all smokers to make a plan to quit smoking for good.

Approximately 40 million American adults still smoke, and tobacco use remains the single largest preventable cause of disease and premature death in the country.

Quitting is a process that starts one day at a time. And every day you stay quit is also another step closer toward a healthier life. That's not just great for you, but also something all of your family, friends, and other loved ones will truly appreciate.

Why quit?

The health benefits begin the moment you stop smoking. Quitting at any age can give you back years of life that would be lost by continuing to smoke.

Get the help you need.

Quitting is hard so don't be afraid to lean on your friends and family for support. We are also here to help you every step of the way.

The American Cancer Society can help you through it, by providing quit-smoking programs, resources, and support that can increase your chances of quitting and staying quit.

To get help and learn more, visit cancer.org/smokeout or call 1-800-227-2345 for free tips and tools.

How does your body recover after quitting ...

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 someone who continues to smoke. Your heart attack risk drops dramatically.

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.

Source: cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time

