

Be Tobacco Free

Reasons to QUIT



Health

Tobacco products cause many preventable health problems and lower life expectancy. They can make emotional health conditions worse and reduce the effectiveness of medications.

Family

Secondhand smoke exposure causes illness and even death in non-smokers.

Cost

Tobacco products are expensive. The money you will save adds up quickly.

Breathe Easier

START YOUR TOBACCO-FREE JOURNEY TODAY

BOWEN
C E N T E R

(800) 342-5653 BowenCenter.org

Indiana Tobacco Quitline: 1-800-QUIT-NOW (800-784-8669)

When you quit cigarettes, cigars, pipes, e-cigarettes and smokeless tobacco, the health benefits begin almost immediately!

- **After 20 minutes:** Heart rate and blood pressure drop.
- **After 12 hours:** Carbon monoxide level in blood drops to normal.
- **After 2 weeks to 3 months:** Circulation improves and lung function increases.
- **After 1 to 9 months:** Coughing and shortness of breath decrease.
- **After 1 year:** Increased risk of coronary heart disease is half that of a smoker.
- **After 5 to 15 years:** Stroke risk is reduced to that of a non-smoker.
- **After 10 years:** Lung cancer death rate is about half that of a smoker. Other cancer risks decrease.
- **After 15 years:** Risk of coronary heart disease is the same as a non-smoker.

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