Stop Smoking

For Many, Quitting is the Healthiest Change You Can Make

In this newsletter, we talk about the benefits of quitting smoking—both physical and financial.

• The cost of smoking is $5,000 per year.

• The state of Maryland and the District of Columbia have both increased their tobacco taxes, raising the price of a pack of cigarettes to more than $6 in both places. These price increases make quitting even more appealing.

• Smoking is estimated to cost the nation $170 billion a year. That's a lot of money that you could save if you quit.

• Smoking cuts 10 to 14 years off your life expectancy. The earlier you quit, the more years you'll regain.

• Your chances of developing heart disease are cut in half if you quit smoking one year after you stop.

• You are much more likely to have better sex if you have stopped smoking.

• Smokeless tobacco use is more common among youth than any other tobacco product, including cigarettes.

• The risk of oral cancer is 30 times higher for nonsmokers who smoke smokeless tobacco.

• If you smoke 15 cigarettes or more per day, your risk of death from lung cancer is 25 times higher than that of someone who never smoked.

• A 2010 study found that more than half of people who had quit smoking at least once had returned to smoking within six months.

• Quitting smoking will improve your ability to breathe.

• Quitting smoking can help you sleep better.

• The faster you quit, the faster you feel better.

• Your lungs continue to heal after you stop smoking.

• Your risk of cancer and heart disease decreases with every year you stop smoking.

• The sooner you quit the better.

• Your chances of dying of lung cancer decrease by 50% after one year of not smoking.

• Your cravings decrease as you quit smoking.

• Of all people who attempt to quit smoking over the course of a year, 70% succeed in reducing their smoking and 20% succeed in quitting for at least one year.

• Your risk of heart disease and stroke decreases as you stop smoking.

• Nonsmokers have a 20% lower risk of developing lung cancer.

• The average smoker who quits smoking can save up to $1,000 each year.

• Your risk of heart disease decreases by 50% within one year of quitting smoking.

• Your risk of heart disease decreases by 70% within five years of quitting smoking.

• Your risk of stroke decreases by 35% within one year of quitting smoking.

• Your risk of stroke decreases by 50% within five years of quitting smoking.

• Your risk of peripheral vascular disease decreases by 60% within five years of quitting smoking.

• Your risk of cancer decreases by 50% within five years of quitting smoking.

• Your risk of heart disease decreases by 50% within one year of quitting smoking.

• Your risk of heart disease decreases by 60% within five years of quitting smoking.

• Your risk of stroke decreases by 40% within five years of quitting smoking.

• Your risk of cancer decreases by 50% within five years of quitting smoking.

• Your risk of heart disease decreases by 40% within five years of quitting smoking.

• Your risk of cancer decreases by 50% within five years of quitting smoking.

• Your risk of heart disease decreases by 50% within five years of quitting smoking.

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