

## If your last smoke was:

### 12 hours ago

The carbon monoxide level in your blood drops to normal.

### 2 weeks to 3 months ago

Your chance of having a heart attack begins to drop and lung function begins to improve.

### 1 to 9 months ago

The coughing and shortness of breath you've been experiencing decrease.

### 1 year ago

Your added risk of coronary heart disease (because of smoking) has been cut in half.

### 2 to 5 years ago

Your chance of having a stroke is reduced to the same as a nonsmoker.

### 10 years ago

Your chance of dying from lung cancer is just half of what it was when you smoked.

Also, your risk of getting cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas has dropped.

### 15 years ago

Your risk of coronary heart disease is reduced to that of a nonsmoker's.



# You Can Quit Tobacco

## Benefits and Tips for Quitting for Good

#### ACKNOWLEDGMENTS

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Substance Abuse and Mental Health  
Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.  
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# **SAMHSA**

Substance Abuse and Mental Health  
Services Administration



## WHY IS IT IMPORTANT TO STOP SMOKING?

Many people in recovery smoke tobacco. But smoking can be more harmful than you think. It causes more deaths than illnesses related to other addictions. Quitting smoking improves the chances of long-term recovery. Counseling and medication can help you quit smoking for good!

You are  
**NOT**  
ALONE

**80%**

of people on methadone maintenance use tobacco

## WHAT TO EXPECT. YOU CAN QUIT!

You may receive individual, group, or telephone-based sessions to help you quit smoking. You will learn about how tobacco affects your health and tips to help you quit. Then, you and your counselor and doctor will help you come up with a plan. Here are some examples of what you might talk about:

- **Your reasons for quitting.** To get healthy? For your children? To save money?
- **Your goals.** Your counselor and support group can help you set goals to quit smoking. Then, they will help you with each step.
- **Your treatment plan.** Your counselor will help you come up with a plan that works for you. The plan could include medications to help you quit, counseling, or both.

## THE BEST TIME TO QUIT IS NOW

- Quitting smoking while in addiction treatment may help improve your chances of achieving and maintaining recovery from other substances.
- There are several different smoking cessation medications that can help you quit. Taking these medications AND finishing the program make quitting easier.
- You could save thousands of dollars each year by quitting smoking.
- Quitting heals your body and your mind. Studies show that your mood will improve and your anxiety can lessen.

## ASK FOR HELP TODAY!

Ask your doctor or counselor about how they can help you quit smoking for good today! Ask about the medications and counseling they can offer you.

For free help to quit smoking, call 1-800-QUIT-NOW (1-800-784-8669) or visit [www.smokefree.gov](http://www.smokefree.gov).

## WHAT WILL YOU DO WHEN YOU QUIT?

Don't let smoking hold you back anymore. Get back to doing what you love. What will you do first?

**Play and exercise.** Throw a ball around with your kids/grandkids, go for a walk, or swim.

**Get outside.** Check out your neighborhood. Take the dog for a walk or go to the park.

**Treat yourself.** Save the money you would have spent on cigarettes or use it for a new hobby.

**Celebrate.** Celebrate special occasions with something active like dancing or going for a hike.

**Give back.** Sign up for a run or walk to support a cause you are passionate about. Train with friends and family for an extra boost of support.

## WHAT CLIENTS ARE SAYING

“ [Since I stopped smoking] I actually have money saved, my health, [I am] sleeping better, all aspects of my life [have improved]. Breathing better, I got more energy, and the biggest thing, I've saved like \$5,000 over the last 2 years. . . . I would be counting money in my car right now for change for cigarettes if I was still smoking, so the group is definitely a lifesaver. . . . The last thing I want to do is have another cigarette.”