

When is the right time to quit?

*Learning the health benefits can help you know that... **today** is the right time to quit!*

Quitting decreases your risk of: Heart disease; Cancer; Stroke; Chronic lung disease; Gum disease

When you quit, the changes to your health happen almost immediately:

After 20 minutes:

- Your blood pressure decreases and your pulse rate drops

After 8 hours:

- The carbon monoxide and oxygen levels in your blood return to normal

After 48 hours:

- Your nerve endings start to regrow and the ability to smell and taste are enhanced

The benefits continue to build for years, until after being smoke free for 15 years the risk of death returns to nearly the level of people who have never smoked.

Information from American Lung Association (www.lungusa.org)

The question is... Are you ready?

Preparing to quit is an important step in the quitting process. Our **Quitting Tips** can help you on the path. Support and resources are also available by calling us at 717-264-1470. You can also call Pennsylvania's toll-free Quit Line at 1-800-QUIT-NOW