



**lung cancer screening is a great first step.**

**are you ready for the next?**

**TALK TO YOUR DOCTOR  
ABOUT QUITTING SMOKING**

Congratulations on taking charge of your lung health. Now that you're doing more for your lungs, it may be the right time to quit smoking.



# take the next step toward quitting smoking today

## HEALTH BENEFITS OF QUITTING SMOKING OVER TIME



It is never too late to quit smoking. The sooner you quit, the more you can reduce your chances of getting lung cancer.

- Your heart rate and blood pressure drop after 20 minutes post-quitting
- Your circulation improves and your lung function increases after 2 weeks to 3 months post-quitting
- Your risk of heart attack drops dramatically after 1 to 2 years post-quitting
- Your risk of cancers of the mouth, throat, and voice box [larynx] is reduced by half after 5 to 10 years post-quitting
- Your risk of lung cancer is about half that of a person who is still smoking [after 10 to 15 years] after 10 years post-quitting
- Your risk of coronary heart disease is close to that of a non-smoker after 15 years post-quitting

**5 years after quitting smoking, your risk of getting lung cancer can drop by 39%.<sup>†</sup>**

## SUPPORT IS AVAILABLE IF YOU WANT TO QUIT

Your doctor may be able to help you with information, support, and resources for quitting smoking. Help is also available from the following organizations:

- **American Cancer Society**  
[<https://www.cancer.org/latest-news/how-to-quit-smoking.html>]
- **American Lung Association**  
[[lung.org/stop-smoking](http://lung.org/stop-smoking)]
- **GO<sub>2</sub> Foundation**  
[<https://go2foundation.org/what-is-lung-cancer/coping-with-diagnosis/quitting-smoking-after-diagnosis/>]
- **LUNgevity**  
[<https://lungevity.org/for-patients-caregivers/lung-cancer-101/reducing-your-risk>]

<sup>†</sup>Based on a survey of data from smokers with a median of at least 21.3 pack-years of smoking. The cancer risk was determined by comparing those who quit versus those who continued to smoke. Pack-years are calculated by multiplying the number of packs smoked per day by the number of years smoked.

