

WHEN YOU STOP SMOKING

YOU GIVE UP...

YOU GAIN...

COUGHING AND SHORTNESS OF BREATH.

These both decrease in **1 to 12 months** after quitting smoking.



IMPROVED ORAL HEALTH. People who quit smoking can decrease their risk of gum disease and tooth loss. Quitting also prevents yellow tobacco stains on teeth.

INCREASED RISK OF HEART ATTACK.

1 year after quitting, your risk of heart attack drops. **3 to 6 years** after quitting, your risk of coronary heart disease decreases by **50%**.



A LONGER LIFESPAN. People with mental illness who smoke cigarettes are **4 times** more likely to die prematurely than those who do not smoke.

INCREASED RISK OF HAVING A STROKE.

5 to 10 years after giving up smoking, the risk of stroke decreases.



MORE TIME. The amount of time that was spent smoking cigarettes can now be spent on other activities, such as spending time with family and friends and pursuing various goals.

INCREASED RISK OF LUNG CANCER.

After **10 to 15 years**, the added risk of lung cancer is cut in half.



POTENTIALLY LOWER DOSES OF PSYCHIATRIC MEDICATIONS.

Tobacco smoke can interact with and inhibit the effectiveness of certain medications, often resulting in the need for higher doses to achieve the same therapeutic benefit.

SMELLING LIKE CIGARETTES.

The smell of smoke can affect your clothes, car and home — and lead to social isolation from people who don't smoke.



A HEALTHIER HOME LIFE. The negative health effects of secondhand smoke have killed about **2.5 million people** who do not smoke since 1964.

STIGMA AND NEGATIVE PERCEPTIONS.

You may encounter stigma from people who don't smoke, and even yourself — many people who smoke experience self-criticism and shame about their habits.



MORE FINANCIAL FREEDOM. People with serious mental illness who smoke may spend up to **one third** of their income on cigarettes.