



WHAT HAPPENS WHEN YOU QUIT SMOKING/CHEWING?

- Within 30 minutes of quitting smoking/chewing, your pulse rate slows down and blood pressure drops toward normal.
- Two days after quitting, nerve endings begin to recover and your sense of smell and taste begin to return.
- Within 72 hours of quitting smoking, your lungs' bronchial tubes expand and lung volume increases.
- Months after quitting smoking, shortness of breath diminishes.
- In the first year, the risk of heart attack attributed to smoking declines for both men and women.
- Two to three years after quitting, the risk of heart attack attributed to smoking is virtually gone.
- After quitting chewing tobacco products, risk of oral cancer decreases.
- After quitting smoking/chewing, dental hygiene is better. Chewing erodes teeth and leads to decay. Smoking and chewing leads to bad breath.

**Tobacco Free at
Lenoir Community College
Begins May 14, 2010**