

Timeline of Quitting Benefits



- **At 20 minutes after your last cigarette:** Blood pressure and pulse rate drop. Body temperature rises toward normal.



- **At 12 hours after quitting:** Carbon monoxide and oxygen levels become normal.



- **After 2 weeks to 3 months:** Breathing and walking become easier. Risk of heart attack decreases.



- **After 1 to 9 months:** Less coughing and shortness of breath. More energy.



- **After 1 year:** Risk of heart disease is cut in half.



- **After 5 to 15 years:** Risk of stroke is lowered to that of a nonsmoker.



- **After 10 years:** Risk of lung cancer drops to half that of continuing smokers. Risk of cancer of the mouth, throat, bladder, kidney, and pancreas decreases.



- **After 15 years:** Risk of heart disease and death is nearly the same as people who have never smoked.

<http://www.tobaccofreekids.org/research/factsheets/pdf/0246.pdf>

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SoonerCare Tobacco Cessation Benefits

SoonerCare covers all FDA-approved medications to help you quit tobacco. These do not count against the six-prescription limit per month.

Talk with your SoonerCare provider about which options are best for you:

- + Nicotine Patches
- + Nicotine Gum
- + Nicotine Lozenges
- + Nicotine Inhaler
- + Nicotine Nasal Spray
- + Bupropion SR (Zyban/Wellbutrin)
- + Varenicline (Chantix)

Free counseling and patches, gum, or lozenges are available through the Oklahoma Tobacco Helpline.

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