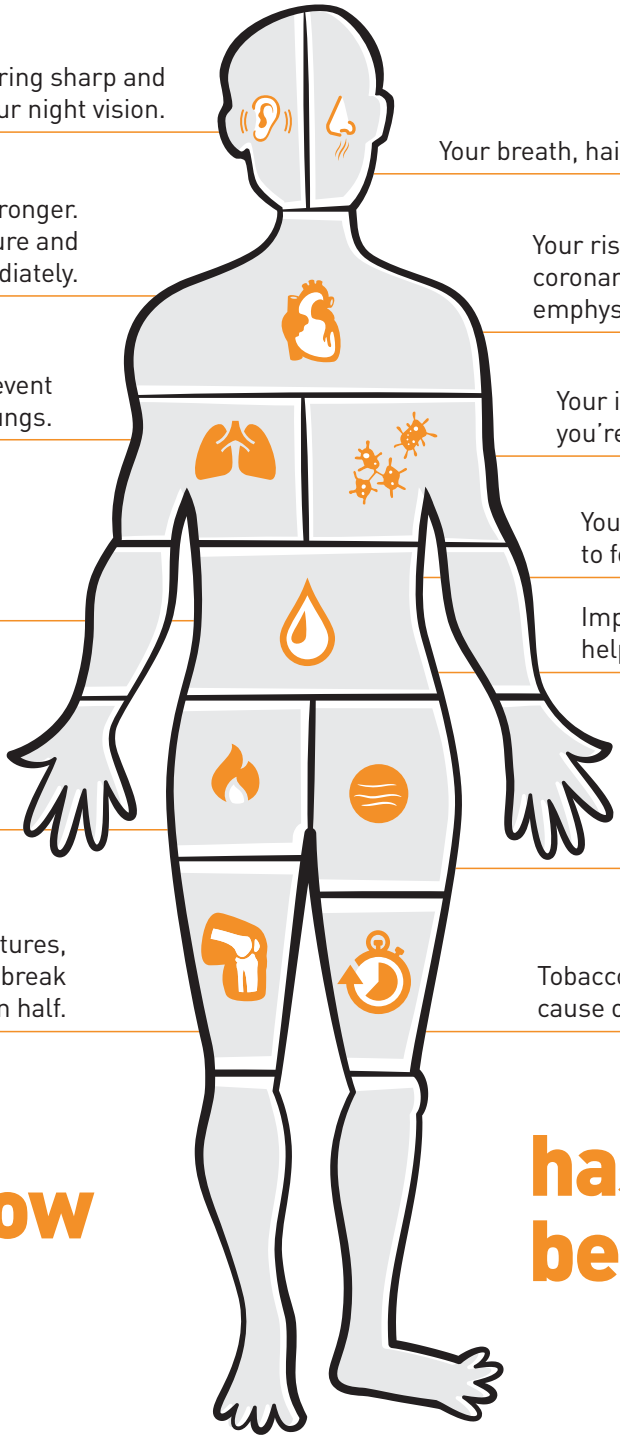
Total Worker Health®:

TOBACCO

What does **quitting tobacco** do for you?



Keeps your hearing sharp and improves your night vision.

Your breath, hair, and clothes smell better.

Your heart is healthier and stronger. Quitting can lower blood pressure and heart rate almost immediately.

Your risk of heart attack, stroke, coronary heart disease, and emphysema all go down.

Quitting smoking can prevent permanent scarring of your lungs.

Your immune system is stronger, so you're less likely to get sick.

Increases the oxygen in your blood; your muscles will become stronger and healthier.

Your blood is thinner and less likely to form dangerous blood clots.

Improves blood flow to wounds, helping them heal properly.

Reduces belly fat and lowers your risk of diabetes. If you already have diabetes, quitting can help you keep your blood sugar levels in check.

Your skin improves. Quitting can protect your skin from premature aging and wrinkling and help clear up blemishes.

Reduces your risk of bone fractures, both now and later in life. If you do break a bone, healing time is cut in half.

Tobacco is the leading preventable cause of death in the U.S.

Quitting now has lifelong benefits

Sources:

CDC
Smokefree.gov

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