

## Health Benefits of Quitting Smoking

### 24 hours after quitting smoking...

- Your risk of having a heart attack begins to drop

### 48 hours after quitting smoking...

- Your nerve endings start to regrow
- Your ability to smell and taste is enhanced

### 2 weeks to 3 months after quitting...

- Your blood circulation improves
- Your lungs start working up to 30 percent better

### 1 to 9 months after quitting smoking...

- Your coughing, sinus congestion and shortness of breath decrease
- You have more energy
- Walking becomes easier
- Lung function increases by as much as 30 percent

### 1 year after quitting smoking...

- Your risk of heart disease is lower by half that of a current smoker

### 10 years after quitting...

- Your risk of dying from lung cancer is 50 percent lower than that of a person who continues to smoke
- Your risk of getting cancer of the mouth, throat, esophagus, bladder, kidney and pancreas is lower

### 15 years after quitting smoking...

- Your risk of heart disease and stroke are the same as a nonsmoker's risk

## Other Cessation Resources



### Resources for all of Virginia

#### Telephone Counseling - Virginia Quitline

Call 1-800-QUIT-NOW (1-800-784-8669) or visit [Quitnow.net/Virginia](http://Quitnow.net/Virginia) to speak with a trained quit coach for free. Coaches are available 24 hours a day, seven days a week. Services are available in English and Spanish. Special multi-call services are available for the uninsured.

#### Text 2 Quit

Text QUIT to 47848 to receive free text messages that give continual encouragement, advice, and tips for becoming smoke-free.

### Resources for the Greater Richmond Area

#### Lung Cancer Screening Clinics at VCU Health

If you are a long-term, heavy, current or former smoker, age 50-80, your risk of developing lung cancer is significantly increased. A low-dose CT lung scan may help catch cancer early when it is most treatable. Call 804-827-LUNG (5864) to schedule an appointment.



**weCAN  
QUIT**

VCU Massey Comprehensive Cancer Center  
A Community Outreach and Engagement Program





Ready to talk to someone who can help with quitting tobacco?

Call (804) 628-0896 or send an email to us at [engagemassey@vcu.edu](mailto:engagemassey@vcu.edu). Scan the QR code to learn more.



While We CAN Quit is run by staff trained in evidence-based cessation measures, it is always advised for program participants to consult with their primary care provider or other health care professionals that are familiar with their individual health care needs during their journey to become tobacco-free.

The We CAN (Conquer Addiction to Nicotine) Quit program is a free community-based service from VCU Massey Comprehensive Cancer Center's Department of Community Outreach and Engagement. We CAN Quit connects people with "Quit Coaches" and other supportive resources to help them stop using tobacco.

We CAN Quit collaborates with both individual community members and partnering organizations to educate Virginians on the risks of tobacco use and the substantial health and financial benefits of tobacco cessation.

As part of the program, the Community Outreach and Engagement team is proud to be able to offer the following at no cost to the communities we serve:

- Event appearances by staff for the purpose of educating community groups on tobacco and tobacco cessation
- One-on-one consultation sessions between individual community members interested in quitting tobacco and our "Quit Coaches"
- Personalized development of "Quit Plans" tailored to the individual needs of tobacco users
- Ongoing support throughout the process of quitting and connection to other available resources to assist in becoming tobacco-free

