

WHEN MOM QUILTS

joinfirstbreath.org

1 TO 20 MINUTES AFTER QUITTING

Your heart rate returns to normal & your blood pressure decreases. Your baby gets more oxygen.

12 HOURS AFTER QUITTING

The carbon monoxide level in your blood drops to normal levels.

2 WEEKS TO 3 MONTHS AFTER QUITTING

Your sense of smell & taste improves.
Your circulation improves.

1 TO 9 MONTHS AFTER QUITTING

Your baby has a better chance of being born full-term at healthy birth weight. You will cough less & will breathe better. Your lungs start to work normally.

1+ YEARS AFTER QUITTING

Your baby will have fewer colds & infections. Your baby is less likely to die of SIDS (Sudden Infant Death Syndrome).

5 YEARS AFTER QUITTING

Risk of cancer of the mouth, throat, esophagus, & bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 YEARS AFTER QUITTING

There is a 50-70% reduction in the risk of developing lung cancer. The risk of pancreatic cancer is also reduced.

15+ YEARS AFTER QUITTING

The risk of coronary heart disease is that of a non-smoker. Your child is less likely to smoke.