

What Happens When You Smoke, and When You Quit

Health Facts

Smoking even one cigarette a day:

- causes your heart rate and blood pressure to rise and your major blood vessels to narrow, making your heart work harder
- causes your blood to clot faster putting you at risk for heart attack, stroke, heart disease and problems with blood circulation
- raises your chance of impotence (being unable to have sex) or infertility (being unable to have a baby)
- lowers the amount of oxygen in your bloodstream, making you short of breath
- increases your risk for **many** types of cancers
- makes anxiety and depression worse
- decreases your taste and smell.

The human body was not designed to smoke.

Financial Facts

The average cost of 1 pack of cigarettes is \$8.40 in Minnesota and \$7.67 in Wisconsin.

(See the chart for how much you will spend smoking 1 pack of cigarettes each day.)

Other Facts

- Tobacco use makes it harder to fall asleep and stay asleep.
- Your furniture, curtains, and carpeting smell like smoke. This smell is caused by thirdhand smoke.

	Minnesota	Wisconsin
1 day	\$8.40	\$7.67
1 week	\$58.80	\$53.69
1 month	\$235.20	\$214.76
1 year	\$2,822.40	\$2,577.12
5 years	\$14,112	\$12,885.60
10 years	\$28,224	\$25,771.20
25 years	\$70,560	\$64,430

Source: www.salestaxhandbook.com (2022)

Quitting Facts

- Your risk for stroke, heart attack, cancer and ulcer drops.
- You have fewer colds, sinus infections and lung problems such as pneumonia, bronchitis and asthma attacks.
- You are less likely to develop cancer of the mouth, throat, esophagus, bladder, kidney and pancreas.
- Your body's ability to heal after surgery improves.
- Your body uses insulin better. This can help you control diabetes if you have it.
- Quitting tobacco is good for your well-being. It can help relieve symptoms of anxiety, stress and depression.

(over)

- Your HDL (good cholesterol) levels increase.
- You have increased energy, power and strength.
- Foods have more flavor because your sense of taste and smell improves.
- Side and night vision improves.
- Smoking-related health risks for your unborn child are eliminated.
- There is less chance that your children will use tobacco.
- You have less of a chance of being in a car accident.
- You have lower car, life and homeowner insurance rates.
- You will be free from the hassle, mess and control of the tobacco habit.
- You have more spending money!

Need Help?

Go to allinahealth.org/quit or scan the QR code to learn more about quitting and to find resources to help you quit.

