Need a light?

We've got one at the end of the tunnel.

20 minutes after you quit, blood pressure and pulse rate decrease.

8 hours
Carbon monoxide and oxygen levels in blood return to normal.

1 day
The likelihood of a heart attack decreases.

2 days
Nerve endings regenerate: senses of taste and smell are enhanced.

2 weeks
Circulation improves and lung function increases.

1-9 months
Coughing, sinus congestion, fatigue and shortness of breath decrease.

1 year
The likelihood of a heart attack is cut in half.

OHIO TOBACCO
QUIT LINE Call it quits.
800-QUIT-NOW
800-784-8669

If you're ready to quit, we're ready to help. With our free service, you're five times more likely to beat tobacco. Services are offered to the deaf and hard-of-hearing community at TTY: 888-229-2182

OSMA
Ohio State Medical Association