

HOW YOUR BODY HEALS ITSELF AFTER YOU QUIT SMOKING



WHAT TO EXPECT WHEN YOU QUIT

Be prepared: Side effects start as nicotine leaves your body. Nicotine withdrawal isn't fun, but it is temporary. It's a sign that your body is returning to better health. Most side effects last 3-5 days, but some may last a few weeks.

- **Cravings:** Each only lasts a few minutes, so focus on something else – have a drink of water, or suck on a straw.
- **Difficulty sleeping/thinking:** This can lead to fatigue, which may result in dizziness, difficulty concentrating, and memory problems, all of which may last 2 weeks.
- **Constipation:** About 1 in 6 people have this, and it lasts 1-2 weeks.
- **Mood changes:** Anxiety, depression, and irritability – get support by calling your doctor or the Quitline.
- **Head and body aches:** Last a few days and can be helped with over-the-counter pain relievers
- **Cough:** Your lungs are getting cleaned out; a cough drop may help ease this.
- **Increased hunger:** Eat fruits and vegetables so you don't gain weight.