

MSK Direct

Health Benefits of Quitting Smoking

20 minutes

AFTER QUITTING

your blood pressure decreases to your normal level.

The temperature of your hands and feet increases to normal.

1 year



AFTER QUITTING

the risk of coronary heart disease is one-half that of a smoker's.

24 hours

AFTER QUITTING

your chance of a heart attack decreases.

8 hours

AFTER QUITTING

the carbon monoxide level in your blood drops to normal.



10 years

AFTER QUITTING

the death rate from lung cancer is 50% lower than that of a person who continues to smoke.

The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.



CONNECT WITH US.

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options — at MSK or close to home. Call the MSK Direct dedicated phone number: **646-449-1515**, or visit mskcc.org/mskdirectforyou to learn more.



Memorial Sloan Kettering
Cancer Center

MSK Direct

Vaping: What You Need to Know



What is Vaping?

Electronic cigarettes, also known as e-cigarettes or vapes, are devices that heat a liquid that makes an aerosol (or “vapor”), which you breathe in. The vape liquid has high amounts of nicotine, which is a very addictive drug.

In addition to nicotine, the liquid also has a number of harmful chemicals and vitamin E acetate, all of which may cause breathing problems and lung damage when inhaled.

Is Vaping a Good Way to Quit Smoking?

Vapes are not an FDA-approved method of quitting smoking. Vapes also contain high amounts of nicotine, harmful chemicals, and can be just as addictive as smoking tobacco cigarettes.

Does Vaping Affect My Health?

Vaping impacts your health in a number of ways. A few examples are:

1. The nicotine in vapes instantly raises your blood pressure.
2. Vaping exposes you to chemicals that can cause swelling, bad headaches, nausea (feeling like you want to throw up), and cancer.
3. Secondhand vapor exposure can cause health problems too.

Can Vaping Damage Your Lungs?

Healthcare providers are seeing an alarming rise in people who vape developing rare lung problems. Chemicals in the vaping liquid like formaldehyde, acrolein (also often used to kill garden weeds) and vitamin E acetate have been linked to lipoid pneumonia, asthma, and even a collapsed lung. Symptoms of these problems can range from wheezing and shortness of breath to sharp pain in your chest and coughing up blood.

Connect with us

MSK Direct is your pathway to MSK’s cancer programs and services for screening and prevention, diagnosis, treatment, and life after cancer.

Whether you smoke or vape, quitting today will help you lower your chances of disease caused by smoke and tobacco.

Call your dedicated MSK Direct line at **646-449-1515** or visit mskcc.org/direct/mskdirectforyou/lung-health to learn more about our Tobacco Treatment program or to use our Lung Cancer Screening Assessment Tool.



Memorial Sloan Kettering
Cancer Center

Lung Screening Could Be a Breath of Fresh Air

Lung screening at MSK is quick, easy, and can save your life. You'll talk with an MSK provider, get a chest CT (CAT) scan, and get your results as soon as the next day.

You don't have to be an MSK patient to schedule a screening.

Lung cancer screening is often covered by health insurance. If you have questions, contact your health insurance provider.

If you or a loved one are 50 to 80 years old and currently smoke or used to smoke, call [646-449-1515](tel:646-449-1515) or ask a member of our team for more information.

Learn more: Point your smartphone camera at this QR code. Then, tap the link.

