

# COPD and Smoking: **My Plan to Quit**



National Heart, Lung,  
and Blood Institute

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## Did you **know?**



**Chronic obstructive pulmonary disease (COPD)** gets worse over time.



**Quitting smoking slows the progression of the disease.** It's the best way to live better with COPD.




**Not smoking is a key part of your treatment plan** — like taking prescribed medicines, eating well, being physically active, and getting vaccines.



**Quitting is hard, but it's worth it!** There are resources to help.

# Quitting smoking has **immediate** **health benefits.**

**After 20 minutes:**  
Heart rate returns  
to normal



**After 24 hours:**  
Nicotine is  
gone from your  
bloodstream

**After 1-3  
months:**  
COPD symptoms  
are reduced

**After 1 year:**  
Breathing with  
COPD is stronger

Over time, quitting lowers  
the risk of cardiovascular  
disease, cancer, and other  
respiratory diseases.



# My COPD Treatment Plan

Ask your healthcare provider to help fill out your plan to manage COPD.

**Medications**

**Food choices**

**Physical  
activity**

**Ways to stay  
smoke-free**



# What is my “why?”

## My reasons for quitting smoking:

- To make breathing easier
- To get the most out of my COPD treatment
- To slow down my COPD
- To live a longer life
- To save money
- To protect my family and friends from secondhand smoke
- To \_\_\_\_\_  
\_\_\_\_\_

My quit date:     /     /



# Helpful Resources

You don't have to quit smoking alone. These free resources can help.

- **CDC Office on Smoking & Health**

[cdc.gov/tobacco/about/osh](https://cdc.gov/tobacco/about/osh)

- **CDC Quitline:**

1-800-QUIT-NOW

- **FDA Center for Tobacco Products**

[fda.gov/tobacco-products](https://fda.gov/tobacco-products)

- **National Cancer Institute: Smokefree**

[Smokefree.gov](https://Smokefree.gov)

- **HHS BeTobaccoFree**

[BeTobaccoFree.gov](https://BeTobaccoFree.gov)

To learn more about COPD, visit [nhlbi.nih.gov/BreatheBetter](https://nhlbi.nih.gov/BreatheBetter)