

OSH 'Cessation Timeline' Video

Descriptive Text:	Animated video showing the various benefits of quitting smoking. Throughout the video, different parts of the body as well as organs are highlighted when discussing the benefits of quitting.
Text on Screen:	Over time, people who quit smoking see many benefits to their health.
Text on Screen:	After you smoke your last cigarette, your body begins a series of positive changes that continue for years.
Descriptive Text:	A drawing of a clock, followed by a heart rate line graph.
Text on Screen:	Minutes after quitting smoking, your heart rate drops.
Descriptive Text:	A drawing of a window, with the sun rising, setting, and being replaced with the moon.
Text on Screen:	24 hours after quitting smoking the nicotine level in your blood drops to zero.
Descriptive Text:	A drawing of a calendar appears on screen with a set of dates being highlighted.
Text on Screen:	Several days after quitting smoking the carbon monoxide level in your blood drops to that of someone who does not smoke.
Descriptive Text:	A drawing of a person's head is shown coughing.
Text on Screen:	1 to 12 months after quitting smoking your coughing and shortness of breath decrease.
Descriptive Text:	A heart appears on screen.
Text on Screen:	1 to 2 years after quitting smoking your risk of heart attack drops sharply.
Sub-Text on Screen:	Reduced risks refer to quitting in comparison to continued smoking.
Text on Screen:	3 to 6 years after quitting smoking your added risk of coronary heart disease drops by half.
Descriptive Text:	A drawing of a person's head, highlighting the throat area. Next, the brain is highlighted.
Text on Screen:	5 to 10 years after quitting smoking your added risk of cancers of the mouth, throat, and voice box drops by half. Your added risk of stroke decreases.

Descriptive Text: A drawing of a person, highlighting the esophagus, kidneys, and bladder.

Text on Screen: 10 years after quitting smoking your risk of cancers of esophagus, kidney, and bladder decreases.

Descriptive Text: A drawing of a pair of lungs.

Text on Screen: Your added risk of lung cancer drops by half after 10-15 years.

Descriptive Text: A drawing of two hearts is shown. One drops down beside the other.

Text on Screen: 15 years after quitting smoking your risk of coronary heart disease drops to close to that of someone who does not smoke.

Descriptive Text: A drawing of a person, highlighting the throat and pancreas.

Text on Screen: 20 years after quitting smoking your risk of cancers of the mouth, throat, voice box, and pancreas drops to close to that of someone who does not smoke.

Descriptive Text: A drawing of a person, highlighting the female reproductive system.

Text on Screen: 20 years after quitting smoking added risk of cervical cancer for women drops by about half.

Descriptive Text: A drawing of a person.

Text on Screen: Quitting smoking has health benefits at any age, no matter how long or how much you have smoked.

Text on Screen: Learn more at [CDC.GOV/QUIT](https://www.cdc.gov/quit)

Descriptive Text: Logo for the Centers for Disease Control and Prevention.