



*An Environment* beyond measure.



# What Happens After You Quit Smoking

## 20 Minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

## 8 Hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

## 24 Hours

- Chance of heart attack decreases

## 48 Hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

## 2 Weeks to 3 Months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

## 1 to 9 Months

- Coughing, sinus congestion, fatigue, and shortness of breath decrease

- Cilia regrow in lungs, increasing their ability to handle mucus, clean the lungs and reduce infection
- Body's overall energy increases

## 1 Year

- Excess risk of coronary heart disease is half that of a smoker

## 5 Years

- Lung-cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

## 10 Years

- Lung-cancer death rate is similar to that of a non-smoker
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix and pancreas decreases

## 15 Years

- Risk of coronary heart disease is that of a non-smoker

*Within 20 minutes of smoking your last cigarette, your body begins a series of changes that continues for years. Many benefits are lost by smoking just one cigarette a day, according to the American Cancer Society.*

**Source:** American Cancer Society