



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) decrease 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

Source: American Cancer Society

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.