

WHEN SMOKERS QUIT

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

20 MINUTES

- ✓ Blood Pressure drops to normal
- ✓ Pulse Rate drops to normal
- ✓ Body Temp of hands and feet drops 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, shortness of breath decrease
- ✓ Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- ✓ Body's overall energy increases

1year

- ✓ 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 nonsmoker 5-15 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 similar to that of nonsmokers
- ✓ Precancerous cells are replaced
- ✓ Risk of cancer of the mouth, throat, esophagus, bladder, kidney & pancreas decreases

15 Years

- ✓ Risk of coronary heart disease is that of a nonsmoker



Source: American Cancer Society; Center of Disease Control And Prevention