

# The Benefits of Quitting

What happens to your body the moment you stop smoking? Within 20 minutes of smoking the last cigarette, the body begins a series of changes that continues for years. Look at what happens after:

## **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 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%.

## **1 to 9 Months**

- ⊗ Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- ⊗ Cilia regrow in lungs, increasing 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 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.

