

## 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 temperature of hand and feet increases to normal

### **8 Hours**

- Carbon Monoxide levels 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%

### **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

### **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 per 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

### **10 Years**

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

### **15 Years**

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

*Source: American Cancer Society; Centers for Disease Control and Prevention*

