

The Benefits of Quitting Smoking...

How the Body Repairs Itself

After 20 minutes

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

After 8 Hours

- ✓ Oxygen level in blood increases to normal

After 24 hours

- ✓ Chance of heart attack decreases
- ✓ Less short of breath

After 36 Hours

- ✓ Carbon monoxide levels return to non-smoking levels

After 48 hours

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

After 2-3 weeks

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

After 1-9 months

- ✓ Coughing, sinus congestion, fatigue, shortness of breath decreases
- ✓ Cilia re-grow in lungs, increasing ability to handle mucous, clean the lungs, and reduce infection
- ✓ Body's overall energy increases

After 1 year

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

After 5 years

- ✓ Lung-cancer death rate for average former smoker 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

After 10 years

- ✓ Lung-cancer death rate similar to that of nonsmokers
- ✓ Pre-cancerous cells are replaced
- ✓ Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases

After 15 years

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

