

# 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 hands and feet increases to normal

## 8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

## 48 hours

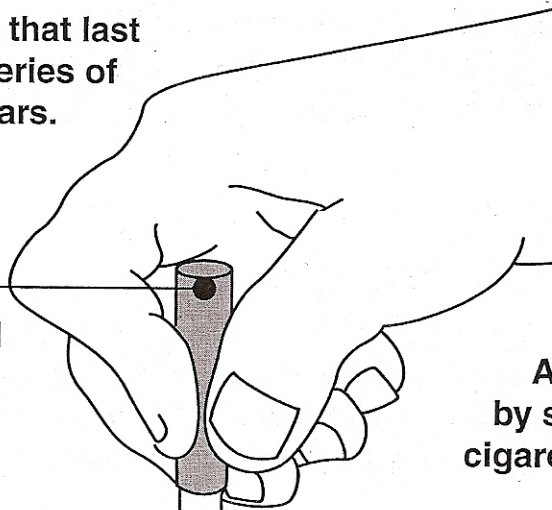
- Nerve endings start regrowing
- Ability to smell and taste is enhanced

## 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

## 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 and pancreas decreases



All benefits are lost by smoking just one cigarette a day.

## 24 hours

- Chance of heart attack decreases

## 2 weeks to 3 months

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

## 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) 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

## 15 years

- Risk of coronary heart disease is that of a nonsmoker