Health Benefits of Quitting Smoking

**WITHIN THREE DAYS…**

**Within 20 minutes:**¹
- Heart rate and blood pressure drop
- Temperature of hands and feet goes up

**Within 8-24 hours:**¹
- Carbon monoxide level in blood goes down
- Oxygen level in blood rises to normal
- Chance of heart attack goes down

**Within 48-72 hours:**¹
- Damaged nerve endings start to re-grow
- Sense of smell and taste begin to improve
- Nicotine is out of the body in about 3 days²

**WITHIN A YEAR…**

**2 weeks to 3 months:**¹
- Blood flows better in the body
- Exercise is easier
- Lungs work better
- Wounds heal faster

**1 to 9 months:**¹
- Coughing and shortness of breath get better
- Sinus issues go down
- Body has more energy
- Tiny hairs in the lungs (cilia) start to work again.³
  » This helps the lungs stay clean and make it easier to breathe.
  » The risk of getting sick also goes down.

**FOR THE REST OF YOUR LIFE…**

**1 year:**¹
- Risk of heart disease is cut by half

**2-5 years:**³
- Risk of stroke goes down to that of non-smoker

**5 years:**³
- Risk of cancer of the mouth, throat, esophagus and bladder are cut in half
- Cervical cancer risk falls to that of a non-smoker

**10 years:**¹
- Lung cancer risk is cut in half
- Risk of voice box (larynx) and pancreatic cancer goes down

**15 years:**³
- Risk of heart disease is that of a non-smoker.

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Updated: 06/19