

# The Health Benefits of Quitting Smoking

## Within 20 minutes:<sup>1</sup>

- Heart rate and blood pressure drop
- Temperature of hands and feet goes up

## Within 8 - 24 hours:<sup>1</sup>

- Carbon monoxide level in blood goes down
- Oxygen level in blood rises to normal
- Chance of heart attack decreases

## Within 48 - 72 hours:<sup>1</sup>

- Damaged nerve endings start to re-grow
- Sense of smell and taste begin to improve
- Nicotine will be out of the body in about 3 days<sup>2</sup>



## Within a year...

### 2 weeks to 3 months:<sup>1</sup>

- Blood circulation gets better in the body
- Lungs work better
- Exercise gets easier
- Wounds heal faster

### 1 to 9 months:<sup>1</sup>

- Coughing, shortness of breath, and sinus congestion all go down
- Body's overall energy level goes up
- Tiny hairs in the lungs (cilia) start to work again. This helps the lungs stay clean, which makes it easier to breathe and also lowers the risk of getting sick.<sup>3</sup>

### 1 year:<sup>1</sup>

- Risk of heart disease is cut by half

## For the rest of your life...

### 2-5 years:<sup>3</sup>

- Risk of stroke goes down to the level of a non-smoker

### 5 years:<sup>3</sup>

- Risk of cancer of the mouth, throat, esophagus and bladder are cut in half
- Cervical cancer risk falls to that of a nonsmoker

### 10 years:<sup>1</sup>

- Lung cancer risk is cut in half
- Risk of voice box (larynx) and pancreatic cancer goes down

### 15 years:<sup>3</sup>

- Risk of heart disease returns to the levels of a non-smoker

<sup>1</sup>U.S. National Library of Medicine. (2018). Benefits of Quitting Tobacco. Retrieved on 3/13/18 from <https://www.nlm.nih.gov/medlineplus/ency/article/007532.htm>

<sup>2</sup>American Cancer Society. (2015). Why People Start Smoking and Why It's Hard to Stop. Retrieved 3/13/18 from <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/why-people-start-using-tobacco.html>

<sup>3</sup>American Cancer Society. (2016). Benefits of Quitting Smoking Over Time. Retrieved on 3/13/18 from <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of- quitting-smoking-over-time.html>