The Health Benefits of Quitting Smoking

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

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

Within 48 - 72 hours:
- 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

Within a year...

2 weeks to 3 months:
- Blood circulation gets better in the body
- Lungs work better
- Exercise gets easier
- Wounds heal faster

1 to 9 months:
- 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.

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

For the rest of your life...

2-5 years:
- Risk of stroke goes down to the level of a non-smoker

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

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

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

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