The Health Benefits of Quitting Smoking

Within 20 minutes:
- Blood pressure drops to normal
- Pulse slows to normal
- Temperature of hands and feet goes up to normal

Within 8 - 24 hours:
- Carbon monoxide level in blood decreases
- 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 your body in about 3 days

Within a year...

2 weeks to 3 months:
- Blood circulation gets better in the body
- Lung function increases and 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
- Cilia re-grow in lungs, making it easier for the lungs to clean themselves and cut the rate of infections

For the rest of your life...

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

5 years:
- Risk of stroke goes down to the level of a non-smoker
- Risk of cancer of the mouth, throat, esophagus and bladder are cut in half

10 years:
- Risk of lung cancer is cut in half

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

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