

# WHEN SMOKERS QUIT

**W**ithin 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years. All benefits are lost by smoking just one cigarette a day, according to the American Cancer Society.

## **20 MINUTES**

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Blood pressure drops to normal. Body temperature of hands and feet increases to normal

## **8 HOURS**

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Carbon monoxide level in blood drops to normal.

Oxygen level in blood increases to normal.

## **24 HOURS**

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Chance of heart attack decreases

## **48 HOURS**

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Nerve endings start regrowing

Ability to smell and taste is enhanced

## **2 WEEKS TO 3 MONTHS**

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Circulation improves

Walking becomes easier

Lung function increases up to 30 percent

## **1 TO 9 MONTHS**

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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

## **1 YEAR**

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Excess risk of coronary heart disease is half that of a smoker

## **5 YEARS**

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Lung-cancer death rate (for average former smoker) decreases by almost half

## **10 YEARS**

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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

## **15 YEARS**

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Risk of coronary heart disease is that of a nonsmoker