

# WHEN SMOKERS QUIT

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Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

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## **20 minutes** .....

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

## **8 hours** .....

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

## **24 hours** .....

- Chance of heart attack decreases

## **48 hours** .....

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

## **2 weeks to 3 months** .....

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

## **1 to 9 months** .....

- 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** .....

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

## **5 years** .....

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

## **10 years** .....

- 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** .....

- Risk of coronary heart disease is that of a non-smoker



Source: American Cancer Society; Centers for Disease Control and Prevention.