

The Health Benefits of Quitting Smoking

Within 20 minutes:¹

- Blood pressure drops to normal
- Pulse slows to normal
- Temperature of hands and feet goes up to normal

Within 8 - 24 hours:¹

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

Within 48 - 72 hours:¹

- 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 days²



Within a year...

2 weeks to 3 months:¹

- Blood circulation gets better in the body
- Lung function increases and exercise gets easier
- Wounds heal faster

1 to 9 months:¹

- 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 infections³

For the rest of your life...

1 year:¹

- Risk of heart disease is cut by half

5 years:

- Risk of stroke goes down to the level of a non-smoker³
- Risk of cancer of the mouth, throat, esophagus and bladder are cut in half¹

10 years:¹

- Risk of lung cancer is cut in half

15 years:³

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

¹U.S. National Library of Medicine. (2013, Nov 11). Benefits of Quitting Tobacco. Retrieved on 3/3/17 from <https://www.nlm.nih.gov/medlineplus/ency/article/007532.htm>

²American Cancer Society. (2017). Why people start smoking and why it's hard to stop. Retrieved 3/3/17 from <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/why-people-start-using-tobacco.html>

³American Cancer Society. (2017). Benefits of Quitting Smoking Over Time. Retrieved on 3/03/17 from <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitteing-smoking-over-time.html>