

When Smokers Quit

Just 20 minutes after you've smoked that last cigarette, your body begins an ongoing series of beneficial changes.

20 Minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet decreases to normal

8-12 hours

- Carbon-monoxide level in blood drops to normal
- Oxygen level in blood increases to normal
- Nicotine levels fall considerably

24 hours

- Chance of heart attack decreases

48 hours

- Nerve endings start re-growing
- Ability to smell and taste is enhanced
- Walking becomes easier

2 weeks to 3 months

- Circulation improves
- Lung function increases up to 30 percent

1-9 months

- Coughing, sinus congestion, fatigue and shortness of breath decreases
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection
- Exercise capacity increases
- Blood pressure level should be returning to normal

1 year

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

5 years

- Risk of cancer, heart disease and stroke reduced

10 years

- Pre-cancerous cells replaced
- Lung cancer risk is the same as a non-smoker
- Reduced risk of many other cancers in the body e.g. bladder cancer

15 years

- Risk of dying from any cause will be almost the same as a person who has never smoked

