WHEN SMOKERS QUIT
Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for year.

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 become easier
• Lung function increase up to 30 percent

1 to 9 months ...............................
• Coughing, sinus congestion, fatigue, shortness of breath decrease
• Cilia regrows in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
• Body’s overall energy increases

1 year ..............................................
• 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 non-smoker 5-15 years after quitting
• Risk of cancer of the mouth, throat, and esophagus is half that of a smokers

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

Sources: American Cancer Society  
Centers for Disease Control and Prevention