

What are the Benefits of Quitting Smoking?

When you stop smoking, your body starts changing within twenty minutes.

20 minutes after quitting:

- your blood pressure goes down
- your pulse rate drops
- the temperature of your hands and feet goes up



8 hours after quitting the:

- carbon monoxide in your blood drops to normal
- oxygen level in your blood increases to normal

24 hours after quitting your:

- chance of a heart attack goes down

48 hours after quitting:

- your nerve endings start growing again
- things begin to smell and taste better

2 weeks to 3 months after quitting:

- your circulation improves
- it gets easier to walk
- your lungs begin to work better
- you have less coughing, sinus congestion, tiredness, and shortness of breath

1 year after quitting your:

- risk of heart disease is $\frac{1}{2}$ of what it was when you smoked

5 years after quitting:

- 5 to 15 years after quitting, your chance of having a stroke is almost the same as people who have never smoked.

10 years after quitting your:

- risk of lung cancer is $\frac{1}{2}$ of what it was when you smoked
- risk of getting cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- risk of getting an ulcer decreases

15 years after quitting your:

- risk of heart disease is the same as people who have never smoked
- risk of death is almost the same as people who have never smoked