WHAT HAPPENS TO Your Body WHEN YOU QUIT TOBACCO

20 MINUTES
• Blood pressure decreases
• Pulse rate drops
• Body temperature of hands and feet increases

8 HOURS
• Carbon monoxide level in blood drops to normal
• Oxygen level in blood increases to normal (if no lung disease)

24 HOURS
• Chance of a heart attack decreases

48 HOURS
• Nerve endings start regrowing
• Sense of smell and sense of taste improve

2–12 WEEKS
• Circulation improves
• Walking becomes easier
• Lung function improves

4–36 WEEKS
• Coughing, sinus congestion, tiredness, and shortness of breath decrease

1 YEAR
• Risk of coronary heart disease decreases to half that of smokers

5 YEARS
• From five to 15 years after quitting, stroke risk is the same as people who never smoked

10 YEARS
• Risk of cancer drops to half that of smokers
• Risk of ulcer decreases

15 YEARS
• Risk of coronary heart disease is the same as people who have never smoked
• Risk of death is the same as people who have never smoked