Health Gains When You Quit Smoking

20 minutes
- Blood pressure and pulse drop to normal.
- Hands and feet start to warm up.

8 hours
- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal and makes you feel more energetic.

24 hours
- Chance of heart attack decreases.

48 hours
- Sense of smell and taste improve.
- Nerve endings start to regrow.

72 hours
- Bronchial tubes relax.

2 weeks to 3 months
- Circulation, lung function, and stamina improve.

1 to 9 months
- Coughing, shortness of breath, and sinus congestion decrease.
- Cilia regrow in lungs, clean the lungs, and reduce infection.
- Overall energy increases.

1 year
- Risk of heart disease drops to half that of a smoker.

5 years
- Risk of stroke is the same as that of a nonsmoker.
- Risks of cancer of the mouth, throat, esophagus, and bladder are cut in half.
- Risk of cervical cancer falls to that of a nonsmoker.

10 years
- Lung cancer risk is half that of a smoker.
- Risk of pancreatic cancer is roughly the same as a nonsmoker.
- Precancerous cells are replaced.

15 years
- Risk of heart disease is that of a nonsmoker.
- Risk of death is nearly the same as a nonsmoker.

Source: Centers for Disease Control and Prevention