

# 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.



## 15 years

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



## 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.

