

WHAT HAPPENS TO

Your Body

WHEN YOU QUIT TOBACCO

I QUIT!

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