

**Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years.**

**20 Minutes After Quitting**

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet increases to normal

**8 Hours After Quitting**

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

**24 Hours After Quitting**

- Chance of heart attack decreases

**48 Hours After Quitting**

- Ability to smell and taste is enhanced

**2 Weeks to 3 Months After Quitting**

- Circulation Improves
- Walking becomes easier
- Lung function increases up to 30%

**1 to 9 Months After Quitting**

- Coughing, sinus congestion, fatigue, shortness of breath decreases
- Cilia regain normal function in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- Overall energy increases



**1 Year After Quitting**

- Excess risk of coronary heart disease is half that of a smoker

**5 Years After Quitting**

- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- Risk of cancer in the mouth, throat, and esophagus is half that of a smoker

**10 Years After Quitting**

- Lung cancer death rate about half that of a continuing smoker's
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases

**15 Years After Quitting**

- Risk of coronary heart disease is that of a nonsmoker

Reference: *The Health Benefits of Smoking Cessation*. Centers for Disease Control and Prevention DHHS Publication No. (CDC) 90-8416, 1990.