

# The Benefits of Quitting Smoking...

## How the Body Repairs Itself

### *After 20 minutes*

- ✓ Blood pressure drops to normal
- ✓ Pulse rate drops to normal
- ✓ Body temperature of hands and feet increases to normal

### *After 8 Hours*

- ✓ Oxygen level in blood increases to normal

### *After 24 hours*

- ✓ Chance of heart attack decreases
- ✓ Less short of breath

### *After 36 Hours*

- ✓ Carbon monoxide levels return to non-smoking levels

### *After 48 hours*

- ✓ Nerve endings start regrowing
- ✓ Ability to smell and taste is enhanced

### *After 2-3 weeks*

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

### *After 1-9 months*

- ✓ Coughing, sinus congestion, fatigue, shortness of breath decreases
- ✓ Cilia re-grow in lungs, increasing ability to handle mucous, clean the lungs, and reduce infection
- ✓ Body's overall energy increases

### *After 1 year*

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

### *After 5 years*

- ✓ Lung-cancer death rate for average former smoker decreases by almost half
- ✓ Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- ✓ Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

### *After 10 years*

- ✓ Lung-cancer death rate similar to that of nonsmokers
- ✓ Pre-cancerous cells are replaced
- ✓ Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases

### *After 15 years*

- ✓ Risk of coronary heart disease is that of a nonsmoker

