

It is Never TOO Late to Stop!

The Healing Time Line

A realistic look at how long it takes for your body to recover after your last puff



● Twenty minutes after quitting, your blood pressure decreases.

● Eight hours: The amount of carbon monoxide in your blood drops back to normal while oxygen increases to normal.

● Forty-eight hours: Your nerve endings start to regenerate, and you can smell and taste things better.

● One to nine months: Coughing, sinus congestion, fatigue, and shortness of breath decrease.

● One year: The added risk of heart disease declines to half of that of a smoker.

● Five years: Your stroke risk may be reduced to that of someone who never smoked.

● Ten years: Your risk of all smoking-related cancers such as lung, mouth, and throat decreases by up to 50 percent.

● Fifteen years: Your risk of heart disease and smoking-related death is now similar to that of someone who never smoked.