

Changes when smokers quit



Immediately Air around you no longer dangerous to children and other adults.

20 minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature in hands and feet increase to normal

8 hours

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

48 hours

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

2-12 weeks

- Circulation improves
- Breathing improves
- Walking becomes easier

1-9 months

- Coughing and sinus congestion decreases
- Shortness of breath decreases
- Overall energy increases
- Lungs increase ability to self-clean and reduce infection

1 year

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

5 years

- Stroke risk reduced to that of a nonsmoker
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker

10 years

- Life expectancy comparable to a nonsmoker
- Lung cancer death rate is about half the rate of a smoker
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease

15 years

- Risk of coronary heart disease comparable to that of a nonsmoker