

## Changes Your Body Goes Through When You Quit Smoking

### *Within 20 Minutes of Your Last Cigarette:*

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

### *After 8 Hours:*

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

### *After 24 Hours:*

- Chance of heart attack decreases

### *After 48 Hours:*

- Nerve endings start re-growing
- Ability to smell and taste improves

### *After 72 Hours:*

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

### *Two Weeks to Three Months:*

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

### *One to Nine Month(s):*

- Coughing, sinus congestion, fatigue, shortness of breath decreases
- Function of the cilia is restored in the lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases

### *Five Years:*

- Lung cancer death rate for average smoker decreases from 137 per 100,000 people to 72 per 100,000 people

### *Ten Years:*

- Pre-cancerous cells are replaced with normal cells
- Risks of other cancers (mouth, voice box, esophagus, bladder, kidney, and pancreas) decrease