

When Smokers Quit

Within 20 minutes of smoking that last cigarette, the body begins changes that continue for years to come.

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 WEEKS TO 3 MONTHS:

- “ Lung Function increases up to 30 percent.

1 TO 9 MONTHS:

- “ Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce disease infection.

1 YEAR:

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

5 YEARS:

- “ Lung cancer death rate for average former smoker (one pack a day) 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.

10 YEARS:

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

15 YEARS:

- “ Risk of coronary heart is that of a nonsmoker.

Source: American Cancer Society & Centers for Disease Control and Prevention