

Health Benefits of Quitting Smoking

WITHIN THREE DAYS...

Within 20 minutes:¹

- Heart rate and blood pressure drop
- Temperature of hands and feet goes up

Within 8- 24 hours:¹

- Carbon monoxide level in blood goes down
- Oxygen level in blood rises to normal
- Chance of heart attack goes down

Within 48 - 72 hours:¹

- Damaged nerve endings start to re-grow
- Sense of smell and taste begin to improve
- Nicotine is out of the body in about 3 days²

WITHIN A YEAR...

2 weeks to 3 months:¹

- Blood flows better in the body
- Exercise is easier
- Lungs work better
- Wounds heal faster

1 to 9 months:¹

- Coughing and shortness of breath get better
- Sinus issues go down
- Body has more energy
- Tiny hairs in the lungs (cilia) start to work again.³
 - » This helps the lungs stay clean and make it easier to breathe.
 - » The risk of getting sick also goes down.

FOR THE REST OF YOUR LIFE...

1 year:¹

- Risk of heart disease is cut by half

2-5 years:³

- Risk of stroke goes down to that of non-smoker

5 years:³

- Risk of cancer of the mouth, throat, esophagus and bladder are cut in half
- Cervical cancer risk falls to that of a non-smoker

10 years:¹

- Lung cancer risk is cut in half
- Risk of voice box (larynx) and pancreatic cancer goes down

15 years:³

- Risk of heart disease is that of a non-smoker.



Call for FREE help to quit smoking!
1-800-300-8086

¹ U.S. National Library of Medicine. (2018). *Benefits of Quitting Tobacco*.

² American Cancer Society. (2015). *Why People Start Smoking and Why It's Hard to Stop*.

³ American Cancer Society. (2016). *Benefits of Quitting Smoking Over Time*.