

Partnership for a



TobaccoFree
NORTHEAST PA

What happens when you Quit

20 minutes

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

8 hours

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

24 hours

Chance of heart attack decreases

48 hours

Nerve endings start regrowing
Ability to smell and taste is enhanced

1 to 9 months

Coughing, sinus congestion, fatigue, and shortness of breath decrease
Cilia regrow in lungs, increasing their ability to handle mucus, clean the lungs, and reduce infection
Body's overall energy increases

2 weeks to 3 months

1 to 9 months
Circulation improves
Walking becomes easier
Lung function increases up to 30%

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 non-smoker five to 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 is similar to that of a non-smoker
Pre-cancerous cells are replaced
Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix, and pancreas decreases

20 years

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