

What happens to your body when you quit tobacco.

I Quit!

20 minutes

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increase

8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal (if no lung disease)

24 hours

- Chance of heart attack decreases

48 hours

- Nerve endings start regrowing
- Sense of smell and taste improve

2-12 weeks

- Circulation improves
- Walking becomes easier
- Lung function improves

4-36 weeks

- Coughing, sinus congestion, tiredness, and shortness of breath decrease

1 year

- Risk of coronary heart disease decreases to half that of smokers

5 years

- From five to 15 years after quitting, stroke risk is the same as people who never smoked

10 years

- Risk of cancer drops to half that of smokers
- Risk of ulcer decreases

15 years

- Risk of coronary heart disease is the same as people who have never smoked.
- Risk of death is the same as people who have never smoked.

