

AFTER YOU STOP SMOKING

No matter how much or how long you have been smoking, your body begins to repair itself as soon as you quit!

- 20 Minutes: Your blood pressure, heart rate and the temperature of your hands and feet become normal.
- 8 Hours: Oxygen and carbon dioxide levels in your blood become normal.
- 1 Day: Your risk of heart attack begins to decrease.
- 2 Days: Your sense of smell and taste improves. Nerve endings start to regrow. Mucus in your airways begins to break up and clear out of your lungs.
- 2 Weeks – 3 Months: Your circulation becomes better and breathing improves; it becomes easier to walk.
- 1 – 9 Months: Coughing, sinus congestion, shortness of breath and fatigue decrease and you have more energy.
- 1 Year: Happy Birthday! Your excess risk of heart disease is now less than half what it was a year ago!
- 1 – 5 Years: Your risk of cancer of the lung, mouth, throat and esophagus is half that of a pack-a-day smoker.
- 10 Years: Your risk of dying of lung cancer is now similar to non-smokers'. Precancerous cells have been replaced.
- 15 Years: You are at no more risk of heart disease and stroke than if you never smoked in your life.

CONGRATULATIONS!