

# Good Things Happen To Your Body When You Quit Smoking

## **Within 20 Minutes of Last Cigarette:**

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

## **Within Eight Hours:**

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

## **Within Forty-Eight Hours:**

- Nerve endings start re-growing
- Ability to smell and to taste things improves

## **Within Seventy-Two Hours:**

- Bronchial tubes relax, making it easier to breathe
- Lung capacity increases

## **Within Two to Three Weeks:**

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

## **Within One to Nine Months:**

- Coughing, stuffy sinuses, being tired, shortness of breath decreases
- Tiny hair-like structures that line the airways in the lungs and help to clean out the airways, called cilia, re-grow in lungs, making it easier to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases
- Chance of heart attack decreases

## **Within Three to Four Years:**

The risk of getting cancers of the larynx and bladder decreases

## **Within Five Years:**

The risk of getting cancers of the esophagus and the mouth decreases

## **After 10 years Without Smoking:**

- The risk of cancer of the pancreas decreases
- You are 30-50% less likely to develop lung cancer; the longer you stay quit, the less likely it becomes