

WHEN YOU QUIT SMOKING

WITHIN 20 MINUTES OF SMOKING THAT LAST CIGARETTE,
THE BODY BEGINS A SERIES OF CHANGES
THAT CONTINUES FOR YEARS

20 MINUTES

- Blood pressure drops
 - Pulse rate drops
- (Mahmud A, Feely J. Effect of Smoking on Arterial Stiffness and Pulse Pressure Amplification. *Hypertension*. 2003;41:183.)

12 HOURS

- Carbon monoxide level in blood drops to normal
- (US Surgeon General's Report, 1988, p. 202)

2 WEEKS to 3 MONTHS

- Circulation improves
 - Lung function increases
- (US Surgeon General's Report, 1990, pp. 193, 194, 196, 285, 323)

1 to 9 MONTHS

- Coughing, and shortness of breath decreases
- Cilia regaining normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection

(US Surgeon General's Report, 1990, pp. 285-287, 304)

1 YEAR

- Excess risk of coronary heart disease is half that of someone who smokes
- (US Surgeon General's Report, 1990, p. vi)

5 YEARS

- Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting
- (US Surgeon General's Report, 1990, p. vi)

10 YEARS

- Lung cancer death rate is about half that of a person who continues to smoke
 - Risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decreases
- (US Surgeon General's Report, 1990, pp. vi, 131, 148, 152, 155, 164, 166)

15 YEARS

- Risk of coronary disease is the same as a nonsmoker's
- (US Surgeon General's Report, 1990, p. vi)

** All of the benefits are lost if you smoke just one cigarette a day.*