



SMOKING CESSATION

Within 20 minutes of smoking that last cigarette the body begins a series of changes that continues for years. All benefits are lost by smoking just one cigarette a day, according to the American Cancer Society.

20 Minutes

Blood pressure drops to normal. Pulse rate drops to normal. Body temperature 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 re-growing. Ability to smell and taste is enhanced.

2 Wks. to 3 Months

Circulation improves. Walking becomes easier. Lung function increases up to 30 percent.

1 to 9 Months

Coughing, sinus congestion, fatigue, shortness of breath decrease. Cilia re-grow in lungs, increasing ability to handle mucus, clean the lungs, reduced infection. Body's overall energy increases.

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.

10 Years

Lung cancer death rate similar to that of non-smokers. Precancerous cells are replaced. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

15 Years

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