

# 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 increases

### 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 a heart attack decreases

### 48 HOURS

- Nerve endings start regrowing
- Sense of smell and sense of 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