

When **Smokers** Quit



COPD

Healthy changes in the body begin 20 minutes after smoking that last cigarette.

20 Minutes After Quitting

- Heart rate and blood pressure drop

8 Hours After Quitting

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

48 Hours After Quitting

- Nerve endings start to regrow
- Ability to smell and taste begins to return to normal

2 Weeks to 3 Months After Quitting

- Blood circulation improves
- Lung function improves

1 to 9 Months After Quitting

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

1 Year After Quitting

- Risk of coronary heart disease drops to half that of a smoker

5 Years After Quitting

- Stroke risk is reduced to that of a nonsmoker, 5 to 15 years after quitting

10 Years After Quitting

- Risk of lung cancer falls to about half that of a person who is still smoking
- Risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases