

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years.

- 20 Minutes After Quitting
 - Blood pressure drops to normal
 - Pulse rate drops to normal
 - Temperature of hands and feet increases to normal
- 8 Hours After Quitting
 - Carbon monoxide level in blood drops to normal
 - Oxygen level in blood increases to normal
- 24 Hours After Quitting
 - Chance of heart attack decreases
- 48 Hours After Quitting
 - Nerve endings start regrowing
 - Ability to smell and taste is enhanced
- 2 Weeks to 3 Months After Quitting
 - Circulation improves
 - Walking becomes easier
 - Lung function increases up to 30%
- 1 to 9 Months After Quitting
 - Coughing, sinus congestion, fatigue, shortness of breath decrease
 - Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
 - Overall energy increases
- 1 Year After Quitting
 - Excess risk of coronary heart disease is half that of a smoker
- 5 Years After Quitting
 - Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
 - Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
 - Risk of cancer of the mouth, throat, and esophagus is half that of a smoker
- 10 Years After Quitting
 - Lung cancer death rate similar to that of nonsmokers
 - Precancerous cells are replaced
 - Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease
- 15 Years After Quitting
 - Risk of coronary heart disease is that of a nonsmoker