

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 to 15 Years After Quitting

- Stroke risk is reduced to that of a nonsmoker

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

For additional information please visit www.healthjourneysupport.com

Sources: **1.** MedlinePlus, A service of the U.S. National Library of Medicine, National Institutes of Health (NIH). <http://www.nlm.nih.gov/medlineplus/ency/article/007532.htm>. Accessed 4/1/14. **2.** American Cancer Society, Inc., <http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-toc>. Accessed 4/1/14. **3.** World Health Organization. Tobacco Free Initiative (TFI). <http://www.who.int/tobacco/quitting/benefits/en/#>. Accessed 4/1/14.