

CHANGES YOUR BODY GOES THROUGH WHEN YOU QUIT SMOKING

Within 20 minutes of last cigarette

Blood Pressure drops to normal
Pulse rate drops to normal
Body temperature of hands and feet increase to normal

Within 8 hours:

Carbon monoxide level drops to normal;
Oxygen level in blood increases to normal

Within 24 hours

Chance of heart attack decreases

Within 48 hours

Nerve endings start re-growing
Ability to taste and smell things is enhanced

Within 72 hours

Bronchial tubes relax
Lung capacity increases

Within 2 weeks to 3 months

Circulation improves
Walking becomes easier
Lung function increase up to 30%

Within 1 to 9 months

Coughing, sinus congestion, fatigue, shortness of breath decreases
Cilia re-grow increasing ability to handle mucus, cleaning the lungs and reducing infection
Body's overall energy level increases

Within 5 years

Lung cancer death rate for ppd smoker drops from 137/100,000 to 72/100,000 (after 10 years drops to 12/100,000)

Within 10 years

Pre-cancerous cells are replaced
Chance of other cancers decrease (mouth, larynx, esophagus, bladder, pancreas, and kidney)

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