

# Health Benefits of Quitting Smoking

## WITHIN THREE DAYS...

### Within 20 minutes:<sup>1</sup>

- Heart rate and blood pressure drop
- Temperature of hands and feet goes up

### Within 8- 24 hours:<sup>1</sup>

- Carbon monoxide level in blood goes down
- Oxygen level in blood rises to normal
- Chance of heart attack goes down

### Within 48 - 72 hours:<sup>1</sup>

- Damaged nerve endings start to re-grow
- Sense of smell and taste begin to improve
- Nicotine is out of the body in about 3 days<sup>2</sup>

## WITHIN A YEAR...

### 2 weeks to 3 months:<sup>1</sup>

- Blood flows better in the body
- Exercise is easier
- Lungs work better
- Wounds heal faster

### 1 to 9 months:<sup>1</sup>

- Coughing and shortness of breath get better
- Sinus issues go down
- Body has more energy
- Tiny hairs in the lungs (cilia) start to work again.<sup>3</sup>
  - » This helps the lungs stay clean and make it easier to breathe.
  - » The risk of getting sick also goes down.

## FOR THE REST OF YOUR LIFE...

### 1 year:<sup>1</sup>

- Risk of heart disease is cut by half

### 2-5 years:<sup>3</sup>

- Risk of stroke goes down to that of non-smoker

### 5 years:<sup>3</sup>

- Risk of cancer of the mouth, throat, esophagus and bladder are cut in half
- Cervical cancer risk falls to that of a non-smoker

### 10 years:<sup>1</sup>

- Lung cancer risk is cut in half
- Risk of voice box (larynx) and pancreatic cancer goes down

### 15 years:<sup>3</sup>

- Risk of heart disease is that of a non-smoker.



**Call for FREE help to quit smoking!  
1-800-NO-BUTTS**

<sup>1</sup> U.S. National Library of Medicine. (2018). *Benefits of Quitting Tobacco*.

<sup>2</sup> American Cancer Society. (2015). *Why People Start Smoking and Why It's Hard to Stop*.

<sup>3</sup> American Cancer Society. (2016). *Benefits of Quitting Smoking Over Time*.