

Health Benefits of Quitting Tobacco

When smokers quit...positive changes start happening in the first day!

- Within 20 minutes...**
 - Your blood pressure and heart rate drop
 - Circulation (or blood flow) to your arms and legs improves
 - The temperature in your hands and feet increases to normal
- Within 8 hours...**
 - The carbon monoxide level in your blood drops
 - The oxygen level in your blood increases to normal
 - “Smoker’s breath” is gone
- Within 12 hours...**
 - Almost all the nicotine has been metabolized from your body
- Within 24 hours...**
 - Your blood levels of carbon monoxide have dropped dramatically
 - Your lungs start to clean themselves
 - The chance of having a heart attack due to smoking is already decreasing

Changes in your body...within the first week:

- Within 48 hours...**
 - Nicotine has been removed from your body
 - Your senses of taste and smell start to improve
- Within 72 hours...**
 - Your bronchial tubes begin to relax and you can breathe easier
 - Your lung capacity also increases so it's easier to do physical activities

Changes you'll notice after 1 month of being tobacco free:

- Within 2 to 12 weeks...**
 - You'll have improved circulation and walking will become easier
 - You'll produce less phlegm and won't be coughing or wheezing as often
 - Lung function may increase up to 30% after 2 to 3 months
- Within 1 to 9 months...**
 - Your lung cilia begin to recover helping your body handle mucus and fight infections better
 - You feel less tired and experience an overall increase in your energy level
 - Coughing, sinus congestion and shortness of breath all decrease
- Within 2 years...**
 - Your risk of heart attack is the same as a lifelong non-smoker (near normal)

With each year being tobacco free, you lower your risk of cancer, heart disease, and other chronic diseases and gain long term benefits:

- Within 7 years...**
 - Your risk of bladder cancer is near normal
 - Risk of developing COPD reduced
- After 10 years:**
 - The risk of heart disease is the same as a non-smoker
 - The risk of most cancers (mouth, throat, esophagus, kidney and pancreas) is near normal
 - Pre-cancerous cells are replaced
 - Risk of lung cancer decreases by 30—50%
 - Improved life expectancy!