

Benefits of Quitting Smoking

DURING THE FIRST 3 DAYS

Within 20 minutes: *

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

Within 8 - 24 hours: *

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

Within 48 - 72 hours: *

- Damaged nerve endings start to re-grow
- Sense of smell and taste begin to improve
- Nicotine will be out of the body in about 3 days**

DURING THE FIRST YEAR

2 weeks to 3 months: *

- Blood circulation in the body improves
- Lungs work better
- Exercise gets easier
- Wounds heal faster

1 to 9 months: *

- Coughing and shortness of breath get better
- Sinus issues decrease
- Body's overall energy level goes up
- Tiny hairs in the lungs (cilia) start to work again. *** This helps the lungs stay clean and makes it easier to breathe. The risk of getting sick also goes down.

FOR THE REST OF YOUR LIFE

1 year: *

- Risk of heart disease is cut by half

2-5 years: ***

- Risk of stroke goes down to the level of a non-smoker

5 years: ***

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

10 years: *

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

15 years: ***

- Risk of heart disease returns to the level of a non-smoker

*U.S. National Library of Medicine. (2018). Benefits of Quitting Tobacco.

**American Cancer Society. (2015). Why People Start Smoking and Why It's Hard to Stop.

***American Cancer Society. (2016). Benefits of Quitting Smoking Over Time.



For more information,
call 781-485-6210.