

To would be Ex-Smokers

Second-hand smoke causes 3,000 lung cancer deaths in nonsmokers each year.

(American Lung Association)

After you quit

- **Within 20 minutes:** Your blood pressure and pulse rate drop to normal. Body temperature of hands and feet increases to normal.
- **Within 8 hours:** Carbon monoxide level in the blood drops to normal and oxygen levels in blood rise to normal. Smoker's breath disappears.
- **Within 24 hours:** Chance of heart attack decreases.
- **Within 48 hours:** Nerve endings start regrowing. Ability to taste and smell enhances.
- **Within three days:** You'll breathe easier.
- **Within two weeks to three months:** Circulation improves. Walking becomes easier. Lung function increases up to 30%.
- **Within one to nine months:** You'll cough less. Sinus congestion and shortness of breath decrease. The cilia that sweep debris from your lungs will grow back. You'll feel more energetic.
- **Within one year:** Excess risk of coronary heart disease is half that of a smoker.
- **Within two years:** Your heart attack risk drops to near normal.
- **Within five years:** Lung cancer death rate for average former smoker (of one pack a day) decreases by almost half. Stroke risk is reduced to that of a nonsmoker five to 15 years after quitting. Risk of cancer of the mouth, throat, and esophagus is half that of a smoker's.
- **Within 10 years:** Lung cancer death rate is similar to that of a nonsmoker's. Precancerous cells are replaced. Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- **Within 15 years:** Risk of coronary heart disease is that of a nonsmoker's.

Sources: American Cancer Society; Centers for Disease Control and Prevention