

# The Benefits of Quitting

## Within 20 Minutes

- Blood pressure drops to normal
  - Pulse rate drops to normal
- Body temperature of hands and feet returns to normal

## Within Eight Hours

- Carbon monoxide levels in the blood return to normal
- Oxygen level increases to normal

## Within 24 Hours

- Risk of heart attack decreases

## Within 48 Hours

- Ability to smell and taste improves

## Within 72 Hours

- Breathing gets easier as bronchial tubes relax
  - Lung capacity increases

## Within Three Weeks

- Mucus in the lungs loosens
- Lung function increases up to 30 percent

## Within Two Months

- Blood flows more easily to arms and legs
- Lung function increases up to 30 percent

## After Three Months

- Lungs become healthier. Breathing becomes easier and colds don't come as easily

## After One Year

- Risk of sudden death from heart attack is cut almost in half

## After Five Years

- Lung cancer death rate for the average smoker (one pack a day) decreases nearly 50 percent

## Within 10 Years

- Risk of heart attack and strokes becomes almost the same as that of non-smokers
  - Risk of cancer drops significantly