



TIMELINE OF QUITTING SMOKING

1 **20 minutes after last cigarette:** blood pressure and pulse rate drops; body temperature rises toward normal

2 **8 hours after quitting:** carbon monoxide level in blood drops to normal; oxygen level rises to normal

3 **24 hours after quitting:** chance of a heart attack decreases

4 **48 hours after quitting:** nerve endings start re-growing; ability to smell and taste is enhanced

5 **After 2 weeks to 3 months:** circulation improves; walking becomes easier; lung function improves

10 **After 15 years:** risk of coronary heart disease is now similar to that of people who have never smoked; risk of death returns to nearly the level of people who have never smoked.

9 **After 10 years:** risk of lung cancer drops to as little as one-half that of continuing smokers; risk of cancer of the mouth, throat, oesophagus, bladder, kidney, and pancreas decreases; risk of ulcer decreases

8 **After 5 to 15 years:** stroke risk is reduced to that of people who have never smoked

7 **After 1 year:** excess risk of coronary heart disease is decreased to half that of a smoker

6 **After 1 to 9 months** decrease in coughing, sinus congestion, fatigue, shortness of breath

