



NO butts about it.

When smokers quit, within 20 minutes of smoking that last cigarette, the body begins a series of positive changes that continues for years.

20 minutes

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

8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 hours

- Chance of heart attack decreases

48 hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- Body's overall energy increases

1 year

- Risk of coronary heart disease drops to half that of a smoker

5 years

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- Risk of cancer of the mouth, throat, and esophagus is half that of a smoker's

10 years

- Lung cancer death rate is about half that of a smoker
- Life expectancy comparable to a non-smoker
- Precancerous cells are replaced with healthy cells
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases

15 years

- Risk of coronary heart disease is that of a non-smoker

People Living with Mental Illness

- Are about twice as likely to smoke, yet their quit-rates are almost as high as those without mental illness

Sources:

American Cancer Society

Centers for Disease Control and Prevention

Journal of the American Medical Association