What Happens After You Quit Smoking

20 Minutes
- Blood pressure drops to normal
- Pulse rate drops 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 and shortness of breath decrease
- Cilia regrow in lungs, increasing their ability to handle mucus, clean the lungs and reduce infection
- Body’s overall energy increases

1 Year
- Excess risk of coronary heart disease is 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 to 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 similar to that of a nonsmoker
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix and pancreas decreases

15 Years
- Risk of coronary heart disease is that of a nonsmoker

Within 20 minutes of smoking your last cigarette, your body begins a series of changes that continues for years. Even smoking just one cigarette per day will cause you to lose many of these benefits, according to the American Cancer Society.

Source: American Cancer Society