

Smoking Cessation Timeline

Here are the health benefits over time if you quit smoking:

*In **20 minutes**, your blood pressure and pulse rate decrease, and the body temperature of your hands and feet increases.

*Carbon Monoxide in cigarette smoke reduces the blood's ability to carry Oxygen. At **8 hours**, the carbon monoxide level in your blood decreases to normal, increasing your blood oxygen level to normal. Your Oxygen levels effect your healing ability.

*At **24 hours**, your risk of having a heart attack decreases.

*At **48 hours**, nerve endings start to regrow and the ability to smell and taste is enhanced.

*Between **2 weeks and 3 months**, your circulation improves, walking becomes easier and you don't cough or wheeze as often. Phlegm production decreases. Within several months, you have significant improvement in lung function.

*In **1 to 9 months**, coughs, sinus congestion, fatigue and shortness of breath decrease as you continue to see significant improvement in lung function. Cilia, tiny hair like structures that move mucus out of the lungs, regain normal function.

*In **1 year**, risk of coronary disease and heart attack is reduced to half that of a smoker.

* Between **5 and 15 years** after quitting, your risk of having a stroke returns to that of a non-smoker.

*In **10 years** your risk of lung cancer drops. Additionally, your risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

*In **15 years**, your risk of coronary heart disease and heart attack is similar to that of people who have never smoked. The risk of death returns to nearly the level of a non-smoker.

