



Benefits of Quitting

Within 20 minutes	Blood pressure drops, pulse rates drops to normal, body temperature of hands and feet return to normal.
Within 8-12 hours	Carbon monoxide levels in the blood start returning to normal and within a few days are the same as non smokers.
Within 24-48 hours	Risk of heart attack begins to decrease.
Within 48 hours	Ability to smell and taste improves.
Within 72 hours	Breathing gets easier as bronchial tubes relax, lung capacity increases.
Within 3 weeks	Mucus in the lungs loosen, lung function and circulation improves.
Within 2-3 months	Blood flows more easily to arms and legs, lung function begins to increase.
After 1 year	Risk of sudden death from heart attack is almost cut in half.
After 5 years	The risk of smoking related cancers and stroke is greatly reduced.
Within 10-15 years	Risk of heart attack falls to the same as someone who has never smoked. Risk of lung cancer falls to half that of a non smoker and the risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decreases.

Adapted from Burnside, G. Spiers, A., Winckles, W. Help Smokers Quit Kit. Ulster Cancer Foundation, Northern Ireland; WHO Fact Sheet About Health Benefits of Smoking Cessation; NHS SmokeFree 'Why Quit Timeline'; American Cancer Society When Smokers Quit – What Are The Benefits Over Time?