

THE BENEFITS OF QUITTING SMOKING ON YOUR BODY

AFTER 1 HOUR

In as little as 20 minutes after the last cigarette is smoked, the heart rate drops and returns to normal. Blood pressure begins to drop, and circulation may start to improve.



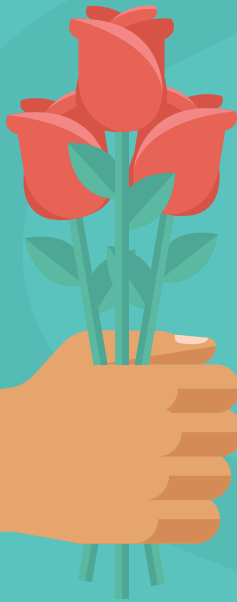
AFTER 12 HOURS

Cigarettes contain a lot of known toxins including carbon monoxide, which prevent oxygen from entering the lungs. After just 12 hours, carbon monoxide level returns to normal, increasing the body's oxygen levels.

AFTER 1 DAY

Just 1 day after quitting smoking, the risk of heart attack begins to drop. Your blood pressure begins to drop, decreasing the risk of heart disease. In this short time, your oxygen levels will have risen, making physical activity and exercise easier to do.



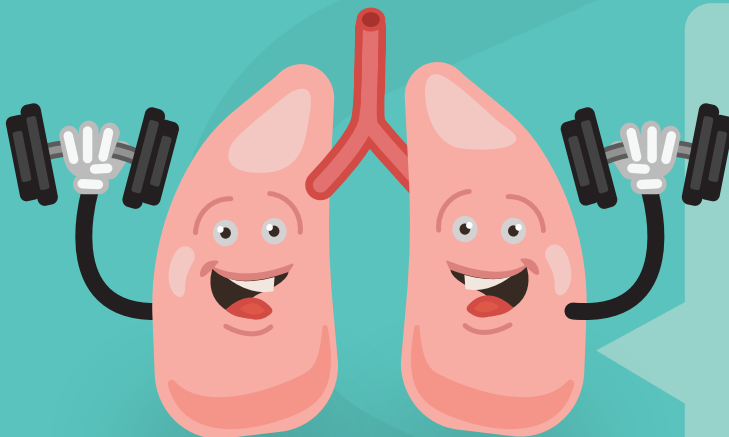


AFTER 2 DAYS

Smoking damages the nerve endings responsible for the senses of smell and taste. In as little as 2 days after quitting, a person may notice a heightened sense of smell and more vivid tastes as these nerves heal.

AFTER 3 DAYS

3 days after quitting, the nicotine levels in your body are depleted. This can cause nicotine withdrawal. Some people will experience moodiness and irritability, headaches, and cravings as the body readjusts. If this happens to you be sure to use your strategies from the Dealing with Cravings worksheet!

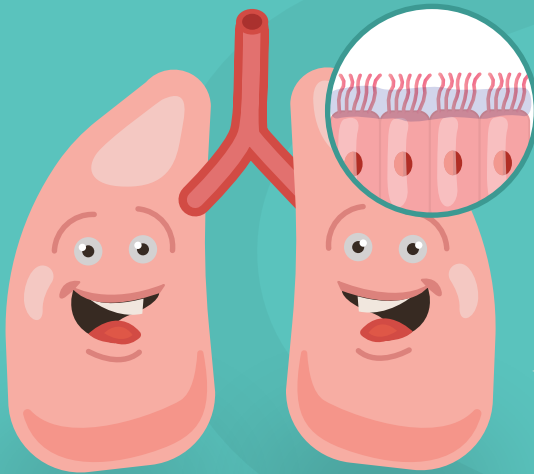
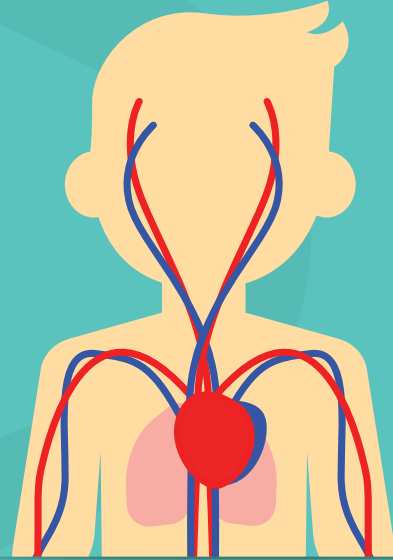


AFTER 1 MONTH

In as little as 1 month, your lung function begins to improve. You may notice less coughing and shortness of breath. Athletic endurance increases, and former smokers often notice a renewed ability for cardiovascular activities, such as running and jumping.

AFTER 1-3 MONTHS

For the next several months after quitting, circulation continues to improve.



AFTER 9 MONTHS

Nine months after quitting, the lungs have significantly healed themselves. The cilia inside the lungs have recovered from the toll cigarette smoke took on them. These structures help push mucus out of the lungs and help fight infections, decreasing the chance of lung infections.

AFTER 1 YEAR

One year after quitting smoking, a person's risk for coronary heart disease decreases by half. This risk will continue to drop past the 1-year mark.



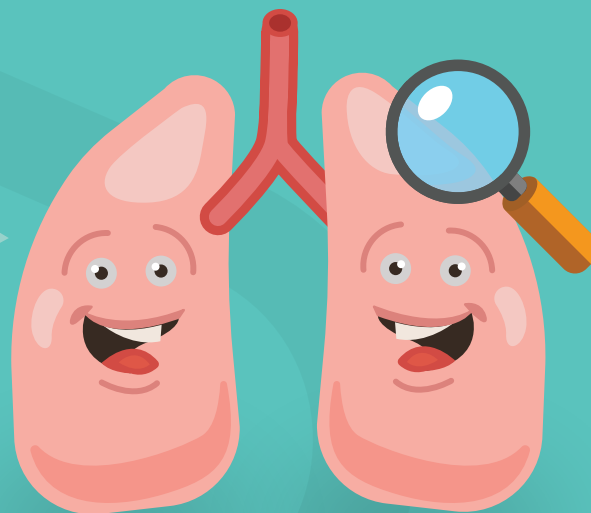


AFTER 5 YEARS

After 5 years without smoking, the body has healed itself enough for the arteries and blood vessels to begin to widen again. This widening means the blood is less likely to clot, lowering the risk of stroke.

AFTER 10 YEARS

After 10 years, your chances of developing lung cancer and dying from it are roughly cut in half compared with someone who continues to smoke. The likelihood of developing mouth, throat, or pancreatic cancer has significantly reduced.



AFTER 20 YEARS

After 20 years, the risk of death from smoking-related causes, including both lung disease and cancer, drops to the level of a person who has never smoked in their life. Also, the risk of developing pancreatic cancer has reduced to that of someone who has never smoked.