

When You Quit Smoking

Within 20 Minutes of Your Last Cigarette

- Blood pressure drops towards normal
- Pulse rate drops towards normal rate
- Temperature of hands and feet increase to normal

8 Hours to 24 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 adjust to the absence of nicotine
- Ability to smell and taste things is enhanced

72 Hours

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

2 Weeks to 3 Months

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

1 to 9 Months

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

1 Year

- Heart disease death rate is halfway back to that of a nonsmoker

5 Years

- Heart disease death rate drops to the rate for nonsmokers
- Lung cancer death rate decreases halfway back to that of nonsmokers

10 Years

- Lung cancer death rate drops almost to the rate for nonsmokers
- Pre-cancerous cells are replaced
- Decreased incidence of other cancers: mouth, larynx, esophagus, bladder, kidney, pancreas

MaineHealth
Center for Tobacco
Independence