WHAT HAPPENS IN YOUR BODY WHEN YOU QUIT SMOKING?

Some amazing things...

AFTER 20 MINUTES
- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of your feet and hands increases to normal

AFTER 12 HOURS
- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

AFTER 24 HOURS
- Chance of heart attack decreases

AFTER 48 HOURS
- Nerve endings start to grow again
- Ability to smell and taste is enhanced

AFTER 2 WEEKS TO 3 MONTHS
- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

AFTER 1 TO 9 MONTHS
- Coughing, sinus congestion, fatigue, and shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body’s overall energy increases

AFTER 1 YEAR
- Excess risk of coronary heart disease is half that of smoker

AFTER 5 YEARS
- Lung cancer death rate for an average former smoker (one pack per day) decreases by almost half
- In 5-15 years, stroke risk is reduced to that of a nonsmoker
- Risk of cancer of the mouth, throat, and esophagus is half that of a smoker

AFTER 10 YEARS
- Lung cancer death rate similar to that of non-smokers
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases

AFTER 15 YEARS
- Risk of coronary heart disease is that of a nonsmoker

Need more motivation to quit? Check out the Quit & Win program for NYU students.