When smokers quit

**Within 20 Minutes**
- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet increase to normal

**Within 8 Hours**
- Smoker’s breath disappears
- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

**Within 24 Hours**
- Chance of heart attack decrease

**Within 3 days**
- Breathing is easier

**Within 2 to 3 Months**
- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

**Within 1-9 Months**
- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia that sweep debris from your lungs grows back increasing your ability to handle mucus, clean the lungs, reduce infection
- Energy increases

**Within 1 Year**
- Risk of coronary heart disease is half that of a smoker

**Within 2 Years**
- Heart attack risk drops to near normal

**Within 5 Years**
- Lung cancer death rate for average pack-a-day smoker decreases by almost half
- Stroke risk is reduced
- Risk of mouth, throat and esophageal cancer is half that of a smoker.

**Within 10 Years**
- Lung cancer death rate is similar to than of a person who does not smoke.
- The pre-cancerous cells are replaced

**Within 15 years**
- Risk of coronary heart disease is the same as a person who has never smoked