

What happens after you Quit?

What happens after quitting, even within minutes after abstinence from tobacco, is an encouraging chain of physiologic events where the body tries to repair itself. Extensive medical data from the American Cancer Society revealed the following:

Twenty minutes after quitting:

Blood pressure, heart rate (pulse rate) drop to normal, circulation starts to improve, and body temperature of hands and feet increase to normal.

In eight hours:

Cigarette breath disappears, carbon monoxide blood level drops to normal, and oxygen blood level increases to normal.

In 24 hours:

Risk of heart attack begins to decrease.

In 48 hours:

Nerve endings in nose and mouth begin to normalize and regrow and the ability to smell and taste are enhanced. Mucus begins to clear from the lungs.

Two weeks to three months:

Circulation improves, walking becomes easier and lung function increases up to as much as 30 percent.

One month to nine months:

Coughing, sinus congestion, fatigue, and shortness of breath all decrease. Lung cilia (hairlike structure that moves sputum out of the breathing pipes) have regrown, increasing the ability to "clean" lungs and reducing the likelihood of infection. Overall energy increases.

One year after quitting:

Excess risk of coronary heart disease is half that of a smoker's. Risk of cancer starts to lower.

Five years after:

Lung cancer death rate decreases by half.

Ten years:

Lung cancer death rate is now equivalent to that of a non-smoker. Pre-cancerous cells are replaced by healthy cells. Risk of other cancers (mouth, throat, bladder, etc) decreases.

Fifteen years:

You are now at NO more at risk of heart disease than if you had never smoked!