

THE BENEFITS OF QUITTING OVER TIME

20 Minute After Quitting:

The blood pressure drops to a level similar to before a cigarette.
The temperature of hands and feet increase to normal
(US Surgeon General's Report, 1988, pp. 39, 202)

8 Hours After Quitting:

The carbon monoxide level in the blood drops down to normal
(US Surgeon General's Report, 1988, p. 202)

24 Hours After Quitting:

The chance of a Heart Attack decreases.
(U.S. Surgeon General's Report, 1988, p. 202)

2 Weeks to 3 Months After Quitting

Circulation improves and lung functioning increases up to 30%.
(U.S. Surgeon General's Report, 1990, pp. 193, 194, 196, 285, 323).

1 to 9 Months After Quitting

Coughing, sinus congestion, fatigue, and shortness of breath decrease.
The cilia regain normal function in the lungs, increasing the ability to handle
mucus, clean the lungs, and reduce infection
(U.S. Surgeon General's Report, 1990, pp. 304, 207, 319, 322)

5 Years After Quitting

The Risk of a Stroke is reduced to that of a nonsmoker.
(U.S. Surgeon General's Report, 1990, p. 79)

10 Years After Quitting

The lung cancer death rate is about half that of a continuing smoker's.
The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and
pancreas decreases.
(U.S. Surgeon General's Report, 1990, p. 110, 147, 152, 155, 159, 172)

15 Years After Quitting

The risk of coronary heart disease is that of a nonsmoker's.
(U.S. Surgeon General's Report, 1990, p. 79)