

WHEN YOU STOP SMOKING,
YOUR BODY IMMEDIATELY
BEGINS TO REPAIR SOME OF
THE DAMAGE SMOKING
CAUSED.



20 MINUTES
AFTER
QUITTING:



- The blood pressure decreases and the pulse rate drops
- The body temperature of the hands and feet increase.

12 HOURS AFTER QUITTING:

- The carbon monoxide level drops to normal levels.
- The oxygen level in the blood increases.

2-12 MONTHS AFTER QUITTING:

- Blood circulation improves.
- The ability to smell and taste improves.
- There's a drop in the risk of heart attacks.
- Lung functioning begins to improve.

WITHIN A YEAR:

- The risk of heart disease drops to that of a non-smoker.

AFTER 5 YEARS:

**The risk of stroke is reduced to same level
as a non-smoker.**

AFTER 10 YEARS:

**The risks of many types of cancers decreases.
The lung cancer death rate is about half of that of
a smoker.**

AFTER 15 YEARS:

**The death rate drops to the same level
as a non-smoker.**