

time
since
stopped

benefits



20 mins	Blood pressure & pulse rate return to normal
8 hours	Nicotine and carbon monoxide levels in blood greatly reduced. Oxygen level in blood increases to normal.
24 hours	Your lungs start to clear out mucus and other smoking debris. Chance of heart attack decreased.
48 hours	Nicotine has been eliminated from your body. Nerve endings start to re-grow. Your sense of smell and taste are improved
72 hours	Your bronchial tubes begin to relax. Energy levels increase. Breathing becomes easier.
3 weeks	Circulation improves. Exercise, including walking, becomes easier. Lung function increased by up to one-third.
1 month	As your energy levels increase, coughing, sinus problems, tiredness, shortness of breath all decrease.
1 year	Excess risk of heart disease is halved. Recovery rate from heart/bypass surgery almost doubled.
2½ years	Lung cancer death rate for average former smoker almost halved. Risk of mouth and throat cancer halved.
5 years	Risk of heart attack or stroke similar to non-smoker.
10 years	Lung cancer death rate the same as for non-smokers. Risk of cancer of mouth, throat, bladder, kidneys, and pancreas decreases. Risk of heart disease is that of a non-smoker

Source: American Cancer Society

British research confirms that stopping smoking at any age prior to the development of serious diseases, increases life expectancy. Those who quit before age 35 have a life expectancy not significantly different from that of a non-smoker. Even smokers who stop between 65 and 75 years of age have a better life expectancy beyond 75 than those who continue to smoke.