

changes your body goes through

When You Quit

within 20 mins. of last cigarette	<ul style="list-style-type: none">♦ Blood pressure may drop to normal level♦ Pulse rate drops to normal rate♦ Skin temperature of hands, feet, increases to normal
8 hours	<ul style="list-style-type: none">♦ Carbon monoxide level in blood drops♦ Oxygen level in blood increases
24 hours	<ul style="list-style-type: none">♦ May reduce chance of a heart attack
48 hours	<ul style="list-style-type: none">♦ Nerve endings may regrow♦ Ability to smell and taste enhanced
72 hours	<ul style="list-style-type: none">♦ Bronchial tubes relax, if undamaged will make breathing easier♦ Lung capacity increases
2 weeks to 3 months	<ul style="list-style-type: none">♦ Circulation improves♦ Walking becomes easier♦ Lung function may increase up to 20%
1 month to 9 months	<ul style="list-style-type: none">♦ Coughing, congestion, fatigue, shortness of breath, may decrease markedly♦ Potential for cilia to regrow, increasing ability to handle mucus, clean lungs, reduce infection
... body's overall energy level increases ...	
5 years	<ul style="list-style-type: none">♦ Lung cancer death rate for average smoker (one pack a day) decreases from 137 per 100,000 to 72 per 100,000
10 years	<ul style="list-style-type: none">♦ Precancerous cells are replaced♦ Other cancers—such as mouth, larynx, esophagus, bladder, kidney, and pancreas—decrease (there are 50 chemicals in tobacco smoke that cause cancer)

Time periods mentioned are to be taken as a general measure only and will, naturally, vary from individual to individual. They are dependent upon length of habit and amount smoked.

Chicago Tribune Graphic/ Researched by Jane Hunt Sources: American Cancer Society, New York Times