

## **American Cancer Society – Benefits of Quitting Smoking**

To help encourage smokers who quit to stick with it and get through those urges, it's important to note the healthy changes that start happening, some of them quite quickly.

Within the first 20 minutes of quitting:

- Blood pressure drops
- Increased circulation warms your hands and feet
- Heart rate goes down.

In eight hours:

- Carbon monoxide levels in blood drop to normal
- Oxygen levels in blood rise to normal

In 24 hours:

- Chance of having a heart attack begins to drop

In 48 hours:

- Sense of taste and smell improve

Two weeks to three months after quitting:

- Circulation continues to improve
- Lung function increases as much as 30 percent

One to nine months after quitting:

- Coughing, fatigue, sinus congestion and shortness of breath decrease
- Cilia regain normal function in lungs, reducing risk of infection

One year after quitting:

- Excess risk of heart attack and death from heart disease is cut in half

Five to 15 years after quitting:

- Risk of stroke is reduced to that of a non-smoker

15 years after quitting:

- Risk of death is nearly that of people who've never smoked

Other benefits of quitting:

- Your clothes won't smell like smoke.
- You'll save a lot of money. A pack-a-day smoker who spends \$4 a pack will save about \$1,400 per year, not counting health costs.
- Smokers who quit by age 50 have cut their risk of premature death in half, compared to continuing smokers.