I Quit!

When you quit tobacco, what happens to your body?

### What Happens in 20 Minutes
- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

### What Happens in 8 Hours
- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal (if no lung disease)

### What Happens in 24 Hours
- Chance of a heart attack decreases

### What Happens in 48 Hours
- Nerve endings start regrowing
- Sense of smell and sense of taste improve

### What Happens in 2–12 Weeks
- Circulation improves
- Walking becomes easier
- Lung function improves

### What Happens in 4–36 Weeks
- Coughing, sinus congestion, tiredness, and shortness of breath decrease

### What Happens in 1 Year
- Risk of coronary heart disease decreases to half that of smokers

### What Happens in 5 Years
- From five to 15 years after quitting, stroke risk is the same as people who never smoked

### What Happens in 10 Years
- Risk of cancer drops to half that of smokers
- Risk of ulcer decreases

### What Happens in 15 Years
- Risk of coronary heart disease is the same as people who have never smoked
- Risk of death is the same as people who have never smoked