

HEALTH BENEFITS OF QUITTING NICOTINE OVER TIME

Our bodies are resilient and can overcome so much. When you quit using nicotine, within a matter of minutes, your body starts to recover. Check out the table below for a closer look at what your body goes through over time from the minute you quit to years down the road.

20 minutes after quitting	Your heart rate and blood pressure drop
A few days after quitting	The carbon monoxide levels in your blood drops to normal
2 weeks to 3 months after quitting	Your circulation improves and your lung function increases
1-12 months after quitting	Coughing and shortness of breath decrease. Tiny hair-like structures (called cilia) that move mucus out of the lungs start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection
1-2 years after quitting	Your risk of heart attack drops dramatically
5-10 years after quitting	Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.
10 years after quitting	Your risk of lung cancer is about half of a person who is still smoking (after 10-15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.
15 years after quitting	Your risk of coronary heart disease is close to that of a non-smoker.

More benefits you will likely notice right away include:

- Food tastes better
- Your sense of smell returns to normal
- Your breath, hair, and clothes smell better
- Your teeth and fingernails stop yellowing
- Ordinary activities (like climbing stairs or light housework) leave you less out of breath
- You can be in smoke-free buildings without having to go outside to smoke

For more information, please visit www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html