

# Physical Benefits of Quitting Smoking

**As soon as you put out your last cigarette your body will work to heal itself. Consider these changes that occur as soon as you put out your last cigarette...**

## After 20 minutes...

- Body temperature of hands and feet increase to normal levels.
- Increased blood pressure and pulse rates return to normal.

## After 24 hours...

- Risk of heart attack decreases.

## After 3 days...

- Bronchial tubes will relax and breathing will be easier.
- Lung capacity will increase.

## After 2-3 months...

- Circulation improves.
- Walking becomes easier.
- Lung capacity increases up to 30 percent.

## After 5 years...

- Lung cancer death rate for an average former pack-a-day smoker decreases by almost half.
- Stroke risk is reduced.
- Risk of mouth, throat, and esophageal cancer is half that of a smoker.

## After 8 hours...

- Carbon monoxide levels will decrease.
- Oxygen levels will return to normal.

## After 48 hours...

- Nerve endings start to regroup.
- Ability to taste and smell improve.

## After 5 days...

- Addicting nicotine is gone from your body.

## After 1 year...

- Cilia that sweep lungs of debris grow back.
- Energy increases.
- Excess risk of coronary heart disease is half that of a person who smokes.
- Sinus congestion and shortness of breath decrease.

## After 10 years...

- Lung cancer death rate is similar to that of a person who does not smoke.