



Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

20 Minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

8 Hours

- Carbon Monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours

- Chance of heart attack decreases

48 Hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

2 Weeks to 3 Months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

1 to 9 Months

- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection
- Body's overall energy increases

1 Year

- **Excess risk of coronary heart disease is half that of a smoker**

Source: American Cancer Society

ATTENTION: This web page is intended to be used for health information ONLY. If you or a family member has a medical emergency, please call your doctor or 911, or your local emergency service number.

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