

Health Benefits of Quitting

What's in it for you when you quit?

Here's the good news about what will happen to your body from the moment you stop smoking:

20 minutes	Blood pressure and pulse go down. The temperature in your, hands, feet and skin increases.
2 hours	The nicotine is out of your system. Further lung damage stops.
6 hours	Heartbeat slows to normal. Blood pressure lowers to normal.
8 hours	Carbon monoxide levels go down. Oxygen levels increase to normal. Take five deep-cleansing breaths every hour to aid this process.
1 day	Carbon monoxide is significantly decreased. Your oxygen levels are rising, which is good for your heart and blood vessel system. Lungs begin to work more efficiently. Risk of heart attack begins to decrease.
2 days	Nerve endings start to regrow. Taste buds come alive and your sense of smell returns. Walking becomes easier. Start slowly, increasing the amount of exercise you do.
3 days	Your kidneys clear the by-products of the nicotine and other chemicals. Drinking water throughout the day helps flush your kidneys of toxins.
2 weeks	Your airways are less sensitive to stimuli and mucus production decreases to normal
3 weeks	Your lungs will begin to clear the phlegm trapped by poor ciliary action (the hair-like structures that remove debris). Cilia begin to regrow. Your lungs become 30% more efficient. You may temporarily experience more coughing, which is a very good sign.
4 weeks	Toxins are released from your gums. Older people may experience bleeding gums and need to visit a dentist. While unpleasant, this is a healthy sign.
2 months	Blood flow to hands and feet improves. Shortness of breath decreases.
3 months	Your lungs will be working normally. Coughing, sinus congestion, fatigue and shortness of breath decreases. If having surgery the risk of lung complications now is returning to normal. Your healing rate for wounds and bones improves by 30%.
1 year	your risk of sudden death from heart attack, is almost half that of smokers.
5 years	your risk of sudden death from heart attack is identical to that of non-smokers.
10 years	Your risk of lung cancer is close to that of a non-smoker.