

EFFECTS OF TOBACCO
AS SOON AS YOU QUIT SMOKING...
YOUR BODY BEGINS TO HEAL!

WITHIN 20 MINUTES:

Blood pressure, pulse and temperature of hands and feet return to normal.

WITHIN 8 HOURS:

Carbon monoxide levels in your blood drop and oxygen level returns to normal.
Smoker's breath disappears.

WITHIN 24 HOURS:

Your chance of heart attack decreases.

WITHIN 48 HOURS:

Your ability to smell and taste is enhanced.

WITHIN 72 HOURS:

Lung capacity increases making it easier to do physical activities.

WITHIN 2 WEEKS TO 3 MONTHS:

Circulation and lung function improves.
Walking becomes easier.

WITHIN 1 TO 9 MONTHS:

Coughing, sinus congestion, fatigue and shortness of breath decrease.
Your body's overall energy level increases.

WITHIN 1 YEAR:

Risk of heart disease is half that of a smoker.

WITHIN 2 YEARS:

Heart attack risk drops to near normal.

WITHIN 5 YEARS:

Lung cancer death rate for pack-a-day smoker decreases by almost half.
Stroke risk reduced.

WITHIN 10 YEARS:

Lung cancer death rate is similar to that of a person who does not smoke.
The pre-cancerous cells are replaced.

WITHIN 15 YEARS:

Risk of coronary heart disease is the same as a person who has never smoked.



REFERENCES:

http://www.cdc.gov/tobacco/data_statistics/sgr/2004/posters/20mins/index.htm
<http://bequit.wordpress.com/category/quitting-smoking/>
<http://www.lungusa.org/stop-smoking/how-to-quit/why-quit/benefits-of-quitting/>