

Thinking About Quitting?

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Within 20 minutes. . .	Your blood pressure, pulse rate and temperature of your hands and feet return to normal.
Within 8 hours. . .	The carbon monoxide level in the blood drops and the oxygen level increases.
Within 24 hours. . .	Your risk of heart disease begins to go down.
Within 48 hours. . .	Smell and taste improve.
Within 72 hours. . .	Breathing is easier because your windpipe is more open and lungs are more full. Withdrawal symptoms are less severe.
Within 2 weeks to 3 months. . .	Blood moves through the body easier, doing activities like walking is easier and how your lung works improves as much as 30%.
Within 1 to 9 months. . .	Your energy level increases and shortness of breath and tiredness improve.
Within 5 years. . .	Lung cancer and heart disease death rate is cut in half.
Within 10 years. . .	Pre-cancerous cells are less and healthy cells take their place.