When **Smokers** Quit

Healthy changes in the body begin 20 minutes after smoking that last cigarette.

**20 Minutes After Quitting**
- Heart rate and blood pressure drop

**8 Hours After Quitting**
- Carbon monoxide level in the blood drops to normal
- Oxygen level in the blood increases to normal

**48 Hours After Quitting**
- Nerve endings start to regrow
- Ability to smell and taste begins to return to normal

**2 Weeks to 3 Months After Quitting**
- Blood circulation improves
- Lung function improves

**1 Year After Quitting**
- Risk of coronary heart disease drops to half that of a smoker

**5 Years After Quitting**
- Stroke risk is reduced to that of a nonsmoker, 5 to 15 years after quitting

**10 Years After Quitting**
- Risk of lung cancer falls to about half that of a person who is still smoking
- Risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases