

# After you quit:

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

- In 20 minutes:** Blood pressure drops to normal  
Pulse rate drops to normal  
Body temperature of hands and feet increases to normal
- In 8 hours:** Carbon monoxide level in blood drops to normal  
Oxygen level in blood increases to normal
- In 24 hours:** Chance of heart attack decreases
- In 48 hours:** Nerve endings start regrowing  
Ability to smell and taste is enhanced
- In 2 weeks:** Circulation improves  
**3 months:** Walking becomes easier  
Lung function increases up to 30%
- In 1-9 months:** Coughing, sinus congestion, fatigue, shortness of breath decrease  
Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection  
Body's overall energy increases
- In 1 year:** Excess risk of coronary heart disease is half that of a smoker
- In 5 years:** Lung cancer death rate for average former smoker (one pack a day) decreases by almost half  
Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting  
Risk of cancer of the mouth, throat, and esophagus is half that of a smoker's
- In 10 years:** Lung cancer death rate similar to that of nonsmokers  
Precancerous cells are replaced  
Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- In 15 years:** Risk of coronary heart disease is that of a nonsmoker

1-800-207-1230

THE MAINE TOBACCO HELPLINE



Partnership For A Tobacco-Free Maine  
Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention

Source: American Cancer Society; Centers for Disease Control and Prevention