

Health Smart

Dunlap Memorial Hospital

When You Stop Smoking ---the Benefits are Quick to Occur!!!

At 20 minutes after quitting:

1. blood pressure decreases
2. pulse rate drops
3. body temperature of hands and feet increases

At 8 hours:

1. carbon monoxide level in blood drops to normal
2. oxygen level in blood increases to normal

At 24 hours:

1. nerve endings start re-growing
2. ability to smell and taste improve
3. the benefits of quitting smoking are just beginning

At 2 weeks to 3 months:

1. circulation improves
2. walking becomes easier
3. lung function increases

From 1 to 9 months:

1. starting as early as a month after you quit smoking, and continuing for the next several months, you may notice significant improvements in these areas:
 - a. coughing
 - b. sinus congestion
 - c. fatigue
 - d. shortness of breath

At 1 year smoke free:

1. excess risk of coronary heart disease is decreased to half that of a smoker

From 5 to 15 years:

1. from 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked

At 10 years:

1. risk of lung cancer drops to as little as one-half that of continuing smokers
2. risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
3. risk of ulcer decreases

At 15 years:

1. risk of coronary heart disease is now similar to that of people who have never smoked
2. risk of death returns to nearly the level of people who have never smoked