

## Health Benefits of Quitting



In addition to your personal reasons, giving up smoking has immediate and longer-term benefits.

If you have your own list of reasons for why you want to stop, look at it and remember that you can also add the physical benefits listed below:

Time	Health Benefit
<b>20 minutes</b>	Blood pressure and pulse rate returns to normal Circulation improves in hands and feet, making them warmer.
<b>8 hours</b>	Oxygen levels in the blood return to normal Chances of a heart attack start to fall.
<b>24 hours</b>	Carbon monoxide is eliminated from the body. The lungs start to clear out mucus and other debris.
<b>48 hours</b>	Nicotine is no longer detectable in the body. The ability to taste and smell is improved.
<b>72 hours</b>	Breathing becomes easier as the bronchial tubes relax. Energy levels increase.
<b>2 to 12 weeks</b>	Circulation improves throughout the body, making walking easier.
<b>3 to 9 months</b>	Breathing problems such as coughing, shortness of breath and wheezing improve. Overall lung function increases by 5-10%.
<b>5 years</b>	Risk of a heart attack falls to about half that of a smoker.
<b>10 years</b>	Risk of lung cancer falls to about half that of a smoker. Risk of a heart attack falls to about the same as someone who has never smoked.