

Inova TobaccoNET

When You Quit Smoking

Within 20 Minutes of Last Cigarette

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet increases to normal

8 Hours After Quitting

- Carbon Monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours After Quitting

- Chance of heart attack decreases

48 Hours After Quitting

- Nerve endings start re-growing and the ability to smell and taste is enhanced

2 Weeks to 3 Months After Quitting

- Circulation improves and walking becomes easier
- Lung function increases up to 30%

1 to 9 Months After Quitting

- Coughing, sinus congestion, fatigue, shortness of breath decreases
- Cilia re-grow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- Overall energy increases

1 Year After Quitting

- Excess risk of coronary heart disease is half that of a smoker

5 Years After Quitting

- Lung cancer death rate for average ex-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

10 Years After Quitting

- Lung cancer death rate similar to that of nonsmokers and pre-cancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease

15 Years After Quitting

- Risk of coronary heart disease is that of a nonsmoker

