

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



20 Minutes After Quitting

- Blood pressure drops to a level close to that before the last cigarette.
(US Surgeon General's Report, 1988, p. 202)

- Temperature of hands and feet increases to normal.
(US Surgeon General's Report, 1988, pp. 47, 48, 202)

12 Hours After Quitting

- Carbon monoxide level in blood drops to normal.
(US Surgeon General's Report, 1988, p. 202)

2 Weeks to 3 Months After Quitting

- Circulation improves.
(US Surgeon General's Report, 1990, pp. 193, 194, 196)
- Lung function increases up to 30%.
(US Surgeon General's Report, 1990, pp. 285, 323)

1 to 9 Months After Quitting

- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
(US Surgeon General's Report, 1990, pp. 304, 319, 322)

- Cilia regain normal function in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.
(US Surgeon General's Report, 1990, pp. 304, 307)

1 Year After Quitting

- Excess risk of coronary heart disease is half that of a smoker.
(US Surgeon General's Report, 1990, p. vi)

5 Years After Quitting

- Stroke risk is reduced to that of a nonsmoker in five to 15 years after quitting.
(US Surgeon General's Report, 1990, p. 79)

10 Years After Quitting

- Lung cancer death rate is about half that of a continuing smoker.
(US Surgeon General's Report, 1990, p. 110)

- Risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decrease.
(US Surgeon General's Report, 1990, pp. 147, 152, 155, 159, 172)

15 Years After Quitting

- Risk of coronary heart disease is that of a nonsmoker.
(US Surgeon General's Report, 1990, p. 79)