

The Benefits of Quitting Tobacco

Within 20 minutes of the last cigarette:

- ✓ Blood pressure drops to normal
- ✓ Pulse rate drops to normal
- ✓ Body temperature of hands and feet increase to normal



After 8 hours:

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

After 24 Hours:

- ✓ Chance of heart attack decreases



After 48 Hours:

- ✓ Nerve endings start to re-grow
- ✓ Ability to smell and to taste things increases

After 72 Hours:

- ✓ Bronchial tubes relax, making breathing easier
- ✓ Lung capacity increases

After 1 to 9 months:

- ✓ Coughing, sinus congestion, fatigue, shortness of breath decrease
- ✓ Cilia reactivate in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- ✓ Skin is healthier and glowing



After 5 years:

- ✓ Lung cancer death rate for the average smoker (one pack a day) decreases from 137 per 100,000 to 72 per 100,000

After 10 years:

- ✓ Lung Cancer Death rate for the average smoker drops to 12 deaths per 100,000 – almost the rate of nonsmokers
- ✓ Precancerous cells are replaced
- ✓ Other cancers – such as those of the mouth, larynx, esophagus, bladder, kidney, and pancreas – decrease (there are over 40 chemicals in tobacco smoke which cause cancer.)

Other Benefits:

- ✓ You'll have more money
- ✓ Freedom from cigarettes

