Thinking about quitting smoking?

Within **20 minutes** of smoking your last cigarette, your body begins to repair itself.

- **20 minutes after quitting**: Blood pressure drops to a level close to that before the last cigarette. Temperature of hands and feet increases to normal.
- **8 hours after quitting**: Carbon monoxide level in blood drops to normal.
- **24 hours after quitting**: Chance of heart attack decreases.
- **2 weeks to 3 months**: Circulation improves after quitting. Lung function increases up to 30%.
- **1 to 9 months**: Coughing, sinus congestion, fatigue, shortness of breath decrease. Cilia regain normal function in lungs, increasing the ability to handle mucus, clean the lungs and reduce infections.
- **1 year**: Excess risk of coronary heart disease is half that of a smoker’s.
- **5 to 15 years**: Stroke risk is reduced to that of non-smoker’s.
- **10 years**: Lung cancer death rate is about half that of a continuing smoker’s. Risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases.
- **15 years after quitting**: Risk of coronary heart disease is that of a non-smoker’s.