

**As soon as you stop smoking, your body starts to feel the benefits:**

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| <b>20 minutes:</b> | Blood pressure and pulse rate return to normal   |
| <b>8 hours:</b>    | Nicotine and carbon monoxide levels in the blood reduce by half, oxygen levels return to normal                                  |
| <b>24 hours:</b>   | Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris                        |
| <b>48 hours:</b>   | There is no nicotine left in the body. Ability to taste and smell is greatly improved  |
| <b>72 hours:</b>   | Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase  |
| <b>2-12 weeks:</b> | Circulation improves   |
| <b>3-9 months:</b> | Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%                                       |
| <b>5 years:</b>    | Risk of 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 heart attack falls to the same as someone who has never smoked |