



## WHAT HAPPENS WHEN YOU QUIT SMOKING?

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| <p><b><u>Within 20 Minutes of Last Cigarette:</u></b><br/>Blood pressure, pulse, body temperature return to normal.</p> | <p><b><u>2 Weeks to 3 Months:</u></b><br/>Circulation improves. Walking is easier. Lung function increases up to 30 percent.</p>   |
| <p><b><u>8 Hours:</u></b><br/>Oxygen and carbon-monoxide levels in blood return to normal.</p>                          | <p><b><u>1 to 9 Months:</u></b><br/>Coughing, sinus congestion, fatigue and shortness of breath decreases. Cilia in lungs regrow, which leads to healthier lungs. Body's overall energy level increases.</p>   |
| <p><b><u>24 Hours:</u></b><br/>Chance of heart attack decreases.</p>  | <p><b><u>5 Years:</u></b><br/>The lung-cancer death rate for an average former smoker (1 pack/day) decreases by almost half. Stroke risk is reduced to that of a non-smoker 5-15 years after quitting. The risk of cancer of the mouth, throat and esophagus is half that of a smoker's.</p> |
| <p><b><u>48 Hours:</u></b><br/>Nerve endings start regrowing. Senses of taste and smell improve.</p>                    | <p><b><u>10 Years:</u></b><br/>The lung-cancer death rate is similar to that of a non-smoker. The pre-cancerous cells are replaced. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.</p>  |
| <p><b><u>72 Hours:</u></b><br/>Bronchial tubes relax increasing lung capacity and making breathing easier.</p>          | <p><b><u>15 Years:</u></b><br/>Your risk of heart disease is now the same as a non-smoker.</p>   |

1.800.QUIT.NOW  
www.smokefree.gov



www.auroraarizona.com