

The Benefits of Stopping Smoking

Within 20 minutes after you smoke your last cigarette, your body begins a series of positive changes that continues for years.

20 Minutes After Quitting:

Your heart rate drops.

12 Hours After Quitting:

The level of carbon monoxide in your blood returns to normal.

5-7 Days After Quitting:

Your senses of taste and smell improve, your breath is fresher and your energy level is higher.

2 Weeks to 3 Months After Quitting:

Your circulation improves and lung function increases

1 to 9 Months After Quitting:

Coughing and shortness of breath decrease. Cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function, increasing the ability to clear your lungs and reducing the risk of infection.

1 Year After Quitting:

Your added risk of coronary heart disease is half that of a current smoker.

5 – 10 Years After Quitting:

Your stroke risk falls equal to that of a non-smoker.

10 Years After Quitting:

Your risk of death from lung cancer is about half that of a current smoker. The risk of cancers of the mouth, throat, esophagus, bladder, cervix and pancreas decrease.

15 Years After Quitting:

Your risk of coronary heart disease is that of a non-smoker.

Visit www.SouthCarolinaBlues.com for more information about maintaining a healthy lifestyle and other health and wellness topics.

Source: Centers for Disease Control & Prevention, U.S. Surgeon General's Reports 1988-1990.