

# **Benefits of Quitting It's Never Too Late**

## **Within 20 Minutes**

Your blood pressure and pulse rate return to normal  
Temperature of hands and feet increase to normal

## **8 hours After Quitting**

Carbon Monoxide levels in blood drop to normal  
Level of Oxygen levels in blood returns to normal

## **24 Hours After Quitting**

Risk of heart attack begins to drop

## **2 Weeks to 3 Months After Quitting**

Circulation improves  
Lung function increases up to 30%

## **1 to 9 Months After Quitting**

Coughing, sinus congestion, fatigue, shortness of breath decrease  
Cilia regain normal function increasing body's ability to clean lungs and reduce infection

## **1 Year After Quitting**

Excess risk of coronary disease half that of a smoker

## **5 Years After Quitting**

Stroke risk is reduced to that of a nonsmoker's within 5-15 years of quitting

## **10 Years After Quitting**

Lung cancer death rate about half that of a smoker's

## **15 Years After Quitting**

Risk of coronary Heart disease is same as a nonsmoker's

(Information from Surgeon General & American Cancer Society)



**Tobacco Program 630/264-7670**