

Changes Your Body Goes Through When You become a Non Smoker

Within 20 minutes of last cigarette:

• Blood pressure drops to normal • Pulse drops to normal rate • Circulation improves

Within 8 hours:

• Carbon dioxide level in blood drops to normal • Oxygen level in blood increases to normal

Within 24 hours:

• Chance of heart attack decreases

Within 48 hours:

• Nerve endings start to regrow • Ability to smell and taste enhances • Nicotine leaves the body

Within 72 hours:

• Bronchial tubes relax, making breathing easier • Lung capacity increases

Within 2 weeks to 3 months:

• Circulation improves • Walking becomes easier

Within 3 to 9 months:

• Coughing, sinus congestion, fatigue and shortness of breath decrease • Lung function is increased by 5 to 10% • Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection • Body's overall energy level increases

Within 5 years:

• Risk of a heart attack about half that of a smoker • Stroke risk is almost that of a non-smoker. • Lung cancer death rate for average smoker (one pack a day) decreases from 137 per 100,000 people to 72 per 100,000

Within 10 years:

• Risk of lung cancer almost that of a non-smoker • Risk of cancers, such as those of the lung, mouth, larynx, esophagus, bladder, kidney and pancreas decrease (there are 30 chemicals in tobacco smoke that cause cancer)

ALL BENEFITS ARE LOST WHEN YOU SMOKE JUST 1 CIGARETTE A DAY