

Great American Smokeout[®]

Behavior Change

Thinking about quitting smoking?

Within **20 minutes** of smoking your last cigarette, your body begins to repair itself.

20 minutes after quitting	Blood pressure drops to a level close to that before the last cigarette. Temperature of hands and feet increases to normal
8 hours after quitting	Carbon monoxide level in blood drops to normal
24 hours after quitting	Chance of heart attack decreases
2 weeks to 3 months	Circulation improves after quitting Lung function increases up to 30%
1 to 9 months	Coughing, sinus congestion, fatigue, shortness of breath decrease. Cilia regain normal function in lungs, increasing the ability to handle mucus, clean the lungs and reduce infections
1 year	Excess risk of coronary heart disease is half that of a smoker's
5 to 15 years	Stroke risk is reduced to that of non-smoker's
10 years	Lung cancer death rate is about half that of a continuing smoker's Risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases
15 years after quitting	Risk of coronary heart disease is that of a non-smoker's

