

Health benefits of quitting smoking

What are the benefits of quitting smoking?

Many smokers think that because they have smoked for so long the damage has been done and it is too late to quit. This is not true. All smokers, no matter how heavily they smoke, will notice significant benefits after quitting smoking.

These are some of the benefits of quitting and how soon they could happen after you quit:	
Immediately	The air around you and your family and friends is safer.
Within 20 minutes of your last cigarette	Blood pressure may drop to normal level. Pulse rate drops to normal. Body temperature of hands and feet increases to normal.
Within 8 hours	Carbon monoxide level in blood drops to normal. Oxygen level in blood increases
After 24 hours	May reduce chance of heart attack.
After 48 hours	Nerve endings may re-grow. Ability to smell and taste improved.
After 72 hours	Bronchial tubes (airways) relax; if undamaged, will make breathing easier. Lung capacity increases.
2 weeks to 3 months	Circulation improves. Walking becomes easier. Lung functioning may increase up to 20%.
1 month to 9 months	Coughing, sinus congestion, fatigue, shortness of breath may decrease markedly over a number of weeks. Potential for cilia in lungs to re-grow, increasing ability to handle mucous, clean the lungs and reduce infection.
1 year	The risk of heart disease is reduced by half. After 15 years, the risk is similar to that of someone who never smoked.
2 years	Cervical cancer risk reduced compared to smokers who continue to smoke. Bladder cancer risk halved compared to continuing smokers.
5 years	5 to 15 years after quitting, stroke risk is reduced to that of someone who never smoked. Lung cancer death rate for average smoker (one pack a day) decreases from 137 per 100,000 to 72 per 100,000.
10 years or longer	Pre-cancerous cells are replaced. Risk of other cancers decrease, including those of the mouth, larynx, esophagus, bladder, kidney and pancreas. After long-term quitting, the risk of death from chronic obstructive pulmonary disease is reduced compared to someone who continues to smoke.