**It’s Never Too Late to Quit Smoking!**

**Here’s Why!**

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Health Benefits</th>
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</thead>
</table>
| **Within 20 minutes** | • Blood pressure decreases to normal  
                      • Heartbeat stabilizes  
                      • Temperature of hands and feet increase to normal |
| **Within 8 hours** | • Carbon Monoxide level in the blood decreases to normal  
                      • Oxygen level in the blood increases to normal  
                      • Mucus begins to clear from the lungs improving breathing |
| **Within 24 hours** | • Chance of a heart attack decreases |
| **Within 48 hours** | • Sense of smell and taste improve  
                      • Nerve endings begin regrowing |
| **Within 3 months** | • Circulation improves  
                      • Walking becomes easier  
                      • Lung function improves  
                      • Immune system improves |
| **Within 9 months** | • Coughing, sinus congestion, wheezing, fatigue and shortness of breath decreases  
                      • Cilia regain normal function in the lungs, increasing the ability to handle mucus and clean the lungs |
| **At 1 year**     | • Risk of coronary heart disease is lowered to half that of a smoker |
| **At 5 years**    | • Risk of stroke is reduced to that of a person who has never smoked |
| **At 10 years**   | • Risk of lung cancer drops to half that of a current smoker  
                      • Risk of a mouth, throat, esophagus, bladder, kidney and pancreatic cancer decreases  
                      • Risk of ulcers decreases |
| **At 15 years**   | • Risk of coronary heart disease is similar to those who have never smoked  
                      • Risk of death returns to similar level to those who have never smoked |