After quitting smoking, the body begins to repair itself…

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Benefits</th>
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</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 |