

## What Happens When You Quit Using Tobacco

### Reap the benefits of quitting:

- Your skin will be healthier.
- Your breath will be fresher.
- Your teeth will be whiter and healthier.
- Your clothes and hair will smell better.
- Your sense of taste and smell will improve.
- You will save money.

### Here are more details about changes in your body and your health after quitting:

**20 minutes after quitting:** Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

**8 hours after quitting:** The carbon monoxide level in your blood drops to normal.

**24 hours after quitting:** Your chance of a heart attack decreases.

**2 weeks to 3 months after quitting:** Your circulation and lung function improve.

**1 to 9 months after quitting:** Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

**1 year after quitting:** The excess risk of coronary heart disease is half that of a tobacco user.

**5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

**10 years after quitting:** The lung cancer death rate is about half that of a continuing tobacco user. The risk decreases for cancer of the mouth, throat, esophagus, bladder, kidney and pancreas.

**15 years after quitting:** The risk of coronary heart disease falls to that of a nonsmoker's.

Sources: US Surgeon General's Reports, 1988 and 1990

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