

What to expect when you quit smoking



Many people understand that smoking tobacco cigarettes has a negative impact on health, but did you know that within the first day of quitting smoking your body starts to repair itself? It's true. Here's what to expect within the days and years that follow smoking cessation.

- **20 minutes:** Blood pressure and pulse decrease and the temperature of hands & feet increase
- **8 hours:** Carbon monoxide levels in the blood return to normal and oxygen levels increase
- **24 hours:** The chance of heart attack decreases
- **48 hours:** Nerve endings adjust to the absence of nicotine and the ability to taste and smell begins to improve
- **72 hours:** Bronchial tubes relax
- **1 to 3 months:** Circulation improves and exercise tolerance increases
- **4 to 9 months:** Coughing, sinus congestion, fatigue & shortness of breath decrease and energy levels increase, cilia regrow, increasing the lungs' ability to handle mucus, clean the lungs and reduce infection
- **1 year:** Risk of heart disease decreases to half that of a current smoker
- **5 years:** Risk of stroke is reduced to that of someone who has never smoked
- **10 years:** Risk of dying from lung cancer is reduced by half and incidence of other cancers – of the mouth, larynx, esophagus, bladder, kidney & pancreas – decreases

While quitting smoking comes with many benefits as your body heals itself, quitting smoking is not an easy task. A strong support system and a clear quit plan can help you stay motivated to succeed. No matter how you decide to quit, consult your doctor before starting a smoking cessation program for guidance on which methods will work best for you.