

# What Happens When You Stop Smoking?

When you stop smoking, your body begins to heal itself. If you're thinking about stopping smoking, you should know:

## *20 minutes after your last cigarette*

---

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Temperature of hands and feet increases to normal.

## *8 hours after your last cigarette*

---

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

## *24 hours after your last cigarette*

---

- Chance of heart attack decreases.

## *48 hours after your last cigarette*

---

- Nerve endings start to regrow.
- Ability to smell and taste is enhanced.

## *72 hours after your last cigarette*

---

- Breathing becomes easier.
- Lung capacity increases.

## *2 weeks to 3 months after your last cigarette*

---

- Blood circulation improves.
- Walking becomes easier.
- Lung function increases up to 30%.

## *1 to 9 months after your last cigarette*

---

- Coughing, sinus congestion, and shortness of breath decrease.
- Your body's energy level increases.
- Your lungs are better able to fight infection.

## *5 years after your last cigarette*

---

- Lung cancer death risk decreases.

## *10 years after your last cigarette*

---

- Lung cancer death risk drops.
- Risk of other cancers drops.