

How Your Body Heals After You Quit Smoking

20 minutes

Your blood pressure, heart rate, and the temperature of your hands and feet normalize.

8 hours

The oxygen and carbon dioxide levels in your blood normalize.

2 Days

Your sense of taste and smell improves. Nerve endings start to regrow.

2 Weeks – 3 Months

Your circulation become better and breathing improves; it becomes easier to walk.

1-9 Months

Coughing, sinus, congestion, shortness of breath and fatigue decrease and you have more energy.

1 Year

Happy Birthday Your excess risk of heart disease is now less than half what it was a year ago.

5 Years

Your risk of cancer of the lung, mouth, throat, and esophagus is half that of a pack-a- day smoker.

10 Years

Your risk of dying from lung cancer is similar to non-smokers. Precancerous cells have been replaced.

15 Years

You are at no more risk of heart disease than if you never smoked.