

Quit smoking now. Feel the difference!

According to the American Cancer Society and the American Lung Association, improvements in your health begin within minutes of putting out your last cigarette, even if you have been using tobacco for years.

Within 20 minutes ...

- Blood pressure decreases.
- Pulse rate decreases.
- Temperature of hands and feet returns to normal.

Within 8 hours ...

- Carbon monoxide level in blood decreases to normal.
- Oxygen level in blood increases to normal.
- Smoker's breath disappears.

Within 24 hours ...

- Chance of heart attack decreases.

Within 3 days ...

- Breathing is easier.

Within 48 hours ...

- Senses of smell and taste improve.
- Nerve endings start to regroup.

Within 2 – 3 months ...

- Circulation improves.
- Walking becomes easier.
- Lung capacity increases up to thirty percent.

Within 1 – 9 months ...

- Coughing, sinus congestion, and shortness of breath decrease.
- Overall oxygen increases.
- Energy increases.
- Lungs increase their ability to clean themselves and reduce infection.

Within 1 year ...

- Risk of premature coronary heart disease is half that of a person who smokes.

Within 5 years ...

- Lung cancer death rate for an average former pack-a-day smoker decreases by almost half.
- Stroke risk is reduced.
- Risk of mouth, throat, and esophageal cancer is half that of a smoker.

Within 10 years ...

- Lung cancer death rate is similar to that of a person who does not smoke.

Within 15 years ...

- Life expectancy is comparable to people who have never smoked.