

Placer County Tobacco Prevention Program

Why should I quit?

Benefits of quitting smoking

20 minutes after quitting

- Blood pressure and pulse drop to a normal rate
- Temperature of hands and feet increases to normal

8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood goes up to normal

24 hours

- Chance of heart attack decreases

48 hours

- Nerve endings start regrowing
- Ability to smell and taste begin to improve

2 weeks to 3 months

- Circulation improves
- Walking gets easier

1 month to 9 months

- Coughing, sinus congestion, tiredness, and shortness of breath decrease
- Cilia (small hairs) regain normal function in the lungs, increasing the ability to better handle mucus, clean the lungs, and reduce infection.

1 year

- Your chance of having a heart attack is cut in half

5 years

- Lung cancer death rate goes down by one-half
- Risk of stroke becomes same as non-smoker
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas goes down

10 years

- Lung cancer rate is similar to that of a non-smoker

Within 15 years

- Risk of coronary heart disease is that of a non-smoker