



## **Some Beneficial Changes That Occur in YOUR Body When You STOP SMOKING!**

### **Within 20 minutes of your last cigarette:**

Your blood pressure adjusts to natural levels, pulse rate adjusts to normal levels and the body temperature of the hands and feet increase to normal.

### **8 Hours**

The Carbon Monoxide levels drop to normal and the oxygen level in your blood increases to normal.

### **24 Hours**

Your chance of having heart attack is significantly decreased.

### **48 Hours**

Your nerve endings start to re-grow and the ability to smell and taste improves.

### **72 Hours**

Your bronchial tubes begin relaxing and your lung capacity begins to increase.

### **2 weeks to 3 months**

Your circulation improves and your lung function increases up to 30%.

### **1 to 9 months**

Coughing, sinus congestion, fatigue and shortness of breath decreases. Cilia starts to re-grow and renew in your lungs; increasing the ability to handle mucous and reduces infections.

## **5 years**

Lung cancer death rate for average smoker decreases from 137 per 100,000 to 72 per 100,000 people and after 10 years to almost the rate of a person who never smoked.

## **10 years**

Pre-cancerous cilia is replaced and other cancers such as those of the mouth, larynx and pancreas are also decreased.

**ALL THESE BENEFITS ARE LOST.....IF ONE CIGARETTE A DAY IS SMOKED!**