The Benefits of Quitting Tobacco

**Within 20 minutes of the last cigarette:**
- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increase to normal

**After 8 hours:**
- Carbon Monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

**After 24 Hours:**
- Chance of heart attack decreases

**After 48 Hours:**
- Nerve endings start to re-grow
- Ability to smell and to taste things increases

**After 72 Hours:**
- Bronchial tubes relax, making breathing easier
- Lung capacity increases

**After 1 to 9 months:**
- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Celia reactivate in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- Skin is healthier and glowing

**After 5 years:**
- Lung cancer death rate for the average smoker (one pack a day) decreases from 137 per 100,000 to 72 per 100,000

**After 10 years:**
- Lung Cancer Death rate for the average smoker drops to 12 deaths per 100,000 – almost the rate of nonsmokers
- Precancerous cells are replaced
- Other cancers – such as those of the mouth, larynx, esophagus, bladder, kidney, and pancreas – decrease (there are over 40 chemicals in tobacco smoke which cause cancer.)

**Other Benefits:**
- You’ll have more money
- Freedom from cigarettes