

Reasons to Quit Tobacco

Tobacco harms your body in many ways. As soon as you quit, your body does an amazing job repairing the damage caused by tobacco.

Here are some ways that your body will heal when you quit tobacco:

20 minutes after using tobacco for the last time ...

- *Blood pressure drops to normal.*
- *Body temperature of hands and feet increases to normal.*

8 hours after using tobacco for the last time ...

- *Oxygen level in your blood increases to normal.*
- *Carbon monoxide (a poisonous chemical) levels in your blood drop.*

24 hours ...

- *Less chance of having a heart attack.*

2 days ...

- *Ability to smell and taste improves.*

3 days ...

- *Breathing is easier.*
- *Nicotine leaves your body.*
- *Lung capacity increases.*



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1 week ...

- *Circulation improves.*

2 weeks ...

- *Walking becomes easier.*

3 weeks ...

- *Lung function increases up to 30 percent.*

1-2 months ...

- *Skin color and tone improve.*
- *Coughing, sinus problems and shortness of breath are decreasing.*

4-6 months ...

- *The body's overall energy level increases.*
- *You'll be sick less often.*

1-9 months ...

- *Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection.*

5 years ...

- *Risk of stroke drops to the same as a non-tobacco user.*
- *Risk of dying of lung cancer drops by half.*

10 years ...

- *Risk of cancer to mouth, throat, esophagus, bladder, kidney and pancreas drops.*

15 years ...

- *Risk of heart disease is the same as if you've never used tobacco.*

