

Stop Smoking Service

Health Benefits of Quitting

In addition to your personal reasons, giving up smoking has immediate and longer-term benefits.

If you have your own list of reasons for why you want to stop, look at it and remember that you can also add the physical benefits listed below:

Time	Health Benefit
20 minutes	Blood pressure and pulse rate returns to normal Circulation improves in hands and feet, making them warmer.
8 hours	Oxygen levels in the blood return to normal Chances of a heart attack start to fall.
24 hours	Carbon monoxide is eliminated from the body. The lungs start to clear out mucus and other debris.
48 hours	Nicotine is no longer detectable in the body. The ability to taste and smell is improved.
72 hours	Breathing becomes easier as the bronchial tubes relax. Energy levels increase.
2 to 12 weeks	Circulation improves throughout the body, making walking easier.
3 to 9 months	Breathing problems such as coughing, shortness of breath and wheezing improve. Overall lung function increases by 5-10%.
5 years	Risk of a heart attack falls to about half that of a smoker.
10 years	Risk of lung cancer falls to about half that of a smoker. Risk of a heart attack falls to about the same as someone who has never smoked.