

Benefits of quitting

Within 20 minutes of last cigarette:

- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Body temperature of hands and feet increases to normal

After 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

After 48 hours:

- Nerve endings start to regrow
- Ability to smell and taste improves

After 72 hours:

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

Two weeks to Three months:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

One to nine months:

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs increasing ability to handle mucus, clean the lungs and reduce infection, fewer colds and bronchitis

One year:

- 50% reduction in cardiovascular risk

Five years:

- Lung cancer death rate for average smoker halves

Ten years:

- Pre – cancerous cells are replaced with normal cells
- Risks of other cancers, like those of the mouth, oesophagus, bladder, kidney and pancreas decrease
- Risk of coronary artery disease the same as non – smoker

Ten to Fifteen years:

- Overall mortality of the ex – smoker equals that of the non- smoker

General points:

- Non-smokers are good role models for their children.
- Non – smokers have healthier babies and children.
- Non – smokers live 5 – 8 years longer.
- Non – smokers spend more time with their grandchildren.