



Health Benefits of Quitting Smoking

Improving your health is the main reason to quit smoking and to stay quit. You get healthier in many ways soon after stopping. For instance:

20 minutes after quitting: Your heart rate and blood pressure may drop.¹

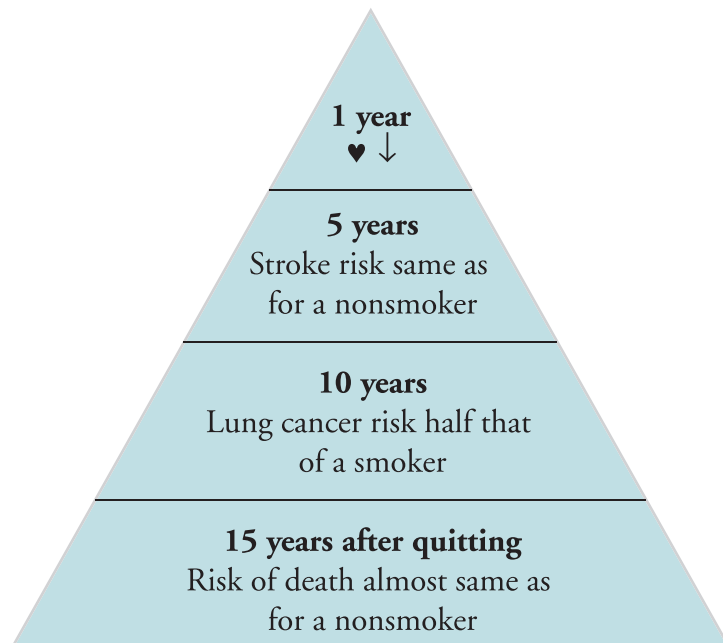
At 48 hours: Your senses of smell and taste may get better.¹

Within a few weeks of quitting: You may not cough or wheeze as much. You may not produce as much phlegm. Your circulation may get better. Wound healing may be faster.²

Within a few months: Your lung function may improve greatly. You may have a lower chance of getting lung illnesses such as pneumonia.²

1 to 9 months after quitting: Your shortness of breath and sinus congestion may get better. Your fatigue may improve, too.¹

There are just as many health benefits years after quitting¹



Long-Term Health Benefits of Quitting Smoking
♥ ↓ = Excess heart disease risk may decrease to half



References:

1. American Lung Association. Quit smoking: benefits. <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33568>. Accessed February 29, 2008.
2. National Cancer Institute. Fact Sheet. Quitting smoking: why to quit and how to get help. http://www.cancer.gov/images/Documents/3b857cda-7feb-41e0-bef9-b02536844da5/fs10_19.pdf. Accessed March 3, 2008.