

## Table 17: After stopping smoking



Your health will begin to improve after just 20 minutes, and you will soon start to notice the benefits of quitting.

After **20 minutes**, your blood pressure and pulse rate will be back to the normal rate of a non-smoker

After **24 hours**, carbon monoxide will be gone from your body. Your lungs will start to clear out unwanted mucus and smoking debris

After **48 hours**, food will start to taste better, and your sense of smell will improve too

After **72 hours**, your breathing will become easier and your energy levels will increase

After **2-12 weeks**, your circulation will improve, making your skin look better

After **3-9 months**, smoker's coughs and breathing problems should improve as your lung function increases by up to 10%

After **5 years**, your risk of a heart attack will fall to about half that of a smoker

After **10 years**, your risk of lung cancer will fall to half that of a smoker... and your risk the same as someone who has never smoked of a heart attack should be