

## HEALTH BENEFITS OF GIVING UP SMOKING

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