



Within 20 minutes
of smoking that last cigarette, the body
begins a series of **changes**
that continues for **years.**

20 Minutes After Quitting

- Blood Pressure drops to a level close to that before the last cigarette
- Temperature of hands and feet increases to normal

12 Hour After Quitting

- Carbon Monoxide level in blood drops to normal

2 Weeks to 3 Months After Quitting

- Circulation improves
- Lung function increases up to 30%

1 to 9 Months After Quitting

- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia regain normal function in lungs, increasing ability to handle mucus, clean the lungs and reduce infection

1 Year After Quitting

- Excess risk of heart disease is half that of a smoker

5 Years After Quitting

- Stroke risk is reduced to that of a nonsmoker in five to 15 years after quitting

10 Years After Quitting

- Lung cancer death rate is about half that of a continuing smoker
- Risk of cancer of the mouth, throat, esophagus, bladder, kidneys and pancreas decrease

15 Years After Quitting

- Risk of coronary heart disease is that of a nonsmoker



Public Health
Prevent. Promote. Protect.

Stay positive and picture success!

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check us out on the web at:
www.knoxcountyhealth.org