

# Why Quit Smoking?

## Within 24 hours...

- Carbon monoxide level in your blood returns to normal
- Heart rate slows and skin temperature increases
- Chance of heart attack decreases

## Within two to five days...

- Detectable levels of nicotine disappear
- Respiratory symptoms (colds, coughing, etc.) *gradually* disappear

## 2 to 9 Months after quitting...

- Headaches and stomachaches caused by smoking disappear
- Your body is better able to fight infection
- Energy increases
- Cilia in your lungs begin to come to life and attempt to clear the accumulated mucus out of your air passages

## After you first year smoke-free...

- Heart returns to nearly normal conditions
- Experience a 90% drop in risk of heart disease

## 10 years after quitting...

- Risk of dying from lung cancer similar to that of nonsmokers

## 15 years after quitting...

- Risk of coronary heart disease is that of a nonsmoker