

# BENEFITS OF QUITTING SMOKING



- **WITHIN 8 HOURS:**  
Oxygen levels in your body go back to normal.
- **WITHIN 48 HOURS:**  
The chances of having a heart attack go down, and your sense of taste and smell start to get better.
- **WITHIN 72 HOURS:**  
Your lungs relax, making it easier to breathe.
- **WITHIN 2 WEEKS TO 3 MONTHS:**  
The blood flow through your body and air flow through your lungs get better.
- **WITHIN 6 MONTHS:**  
Coughing, tiredness, sinus congestion and shortness of breath all improve.
- **WITHIN 1 YEAR:**  
The risk of a heart attack from smoking drops to half of that of someone who still smokes.
- **WITHIN 10 YEARS:**  
The chances of dying from lung cancer drops to half of that of someone who still smokes.
- **WITHIN 15 YEARS:**  
The risk of dying from a heart attack becomes the same as a person who has never smoked.

