

YOUR BODY WILL FORGIVE YOU

Don't ever think it's too late to quit smoking. Remember, your body will forgive you no matter how long you've been at it.

30 minutes after you quit: blood pressure, heart rate and temperature of hands and feet become normal

12 hours after you quit: carbon monoxide and oxygen levels in the blood return to normal.

48 hours after you quit: your sense of taste and smell start to return to normal levels

72 hours after you quit: bronchial tubes relax and breathing is easier

1 week after you quit: nicotine is flushed from your body

2 weeks after you quit: circulation, breathing, and lung function improve

1 month after you quit: coughing, sinus congestion and shortness of breath decrease

2 years after you quit: risk of heart attack drops to that of a woman who has never smoked

5 years after you quit: risk of stroke drops to normal; risk of lung cancer decreases by half

10 years after you quit: risk of most types of cancer drops to normal

20 years after you quit: risk of dying due to smoking-related causes is similar to that of women who have never smoked!

