

Table 4–1
Benefits of quitting smoking

Time elapsed	Benefit
20 minutes	<ul style="list-style-type: none"> • blood pressure drops to normal • pulse rate drops to normal • temperature of hands and feet increase to normal.
8 hours	<ul style="list-style-type: none"> • carbon monoxide level in blood returns to normal • oxygen level in blood returns to normal.
24 hours	<ul style="list-style-type: none"> • the immediate risk of heart attack starts to fall.
48 hours	<ul style="list-style-type: none"> • nerve endings start to regrow • ability to taste and smell enhanced.
14 days	<ul style="list-style-type: none"> • circulation improves • walking becomes easier • lung function increases up to 30%.
1 month	<ul style="list-style-type: none"> • most nicotine withdrawal symptoms disappear.
3 months	<ul style="list-style-type: none"> • lung function improves • nagging cough disappears • cilia regrow in the lungs, increasing their ability to handle mucus, clean themselves and reduce infection.
9 months	<ul style="list-style-type: none"> • risk of pregnancy complications and foetal death reduced to level of non-smoker.
1 year	<ul style="list-style-type: none"> • excess risk of coronary heart disease half that of a smoker. There is no safe point beyond which relapse will not occur. It continues at a much slower rate beyond one year of abstinence.
5 years	<ul style="list-style-type: none"> • risk of lung cancer decreases by half • stroke risk same as non-smoker • risk of mouth, throat and oesophageal cancer half that of a smoker.
10 years	<ul style="list-style-type: none"> • lung cancer death rate same as non-smoker • pre-cancerous cells replaced.
15 years	<ul style="list-style-type: none"> • risk of coronary heart disease same as a non-smoker • if you smoked 20 day, you've saved \$49,275 (assuming \$9 per pack of 20).