

What happens when you quit smoking?

The sooner you quit, the sooner you'll notice the benefit to your body and health.

Let's take a look at what happens when you quit smoking for good...



After 8 hours

Your oxygen levels are starting to recover and harmful carbon monoxide levels in your blood will have halved.



After 72 hours

You might notice you are breathing easier as your bronchial tubes are starting to relax. You are likely to have more energy too!



After One Year

Your risk of heart attack is halved compared with a smoker's.

After 10 Years

Your risk of death from lung cancer now half that of a smoker's!



20 min

After only 20 minutes

Your pulse rate will already be starting to return to normal.



After 48 hours

All carbon monoxide has now gone, your lungs are getting rid of mucus and your sense of taste and smell are improving.



After 2 to 12 weeks

Your circulation will now be improved and blood will be pumping through your heart and muscles better.



Healthworks
the community health charity