



It's About Time!

What Happens When I Stop Smoking?

20 minutes after your last cigarette

- Your blood pressure drops to normal.
- Your pulse rate drops to normal.
- Your temperature of hands and feet increases to normal.

8 hours after your last cigarette

- Your carbon monoxide level in blood drops to normal.
- Your oxygen level in blood increases to normal.

24 hours after your last cigarette

- Your chance of heart attack decreases.

48 hours after your last cigarette

- Your nerve endings start to re-grow.
- Your ability to smell and taste is enhanced.

72 hours after your last cigarette

- Your breathing becomes easier.
- Your lung capacity increases.

2 weeks to 3 months after your last cigarette

- Your blood circulation improves.
- Your walking becomes easier.
- Your lung function increases up to 30%.

1 to 9 months after your last cigarette

- You will have a decrease in coughing, sinus congestion, and shortness of breath.
- Your body's energy level increases.
- Your lungs are better able to fight infection.

5 years after your last cigarette

- Your chance of death from Lung cancer decreases.

**Call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW
(1-800-784-8669). It's FREE!**