

CHANGES YOUR BODY GOES THROUGH WHEN YOU QUIT SMOKING

20
MINUTES

Within 20 minutes of last cigarette

Blood pressure and pulse rate return to normal. Circulation to hands and feet improves.

8
HOURS

Within 8 hours of last cigarette

Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal.

24
HOURS

Within 24 hours of last cigarette

Carbon monoxide will be eliminated from the body. Fibres in the bronchial tubes (cilia) begin to move again. Lungs start to clear out mucus and other smoking debris.

48
HOURS

Within 48 hours of last cigarette

There is no nicotine left in the body. Ability to taste and smell is greatly improved.

72
HOURS

Within 72 hours of last cigarette

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

2 TO 12
WEEKS

Within 2 to 12 weeks of last cigarette

Circulation improves

3 TO 9
MONTHS

Within 3 to 9 months of last cigarette

Sinus congestion, Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.

1
YEAR

Within 1 year of last cigarette

Risk of a heart attack falls to about half that of a smoker.

10
YEARS

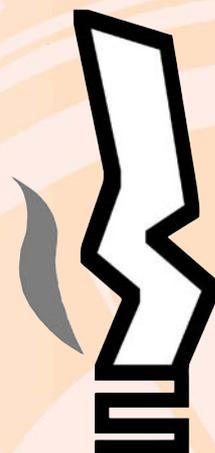
Within 10 years of last cigarette

Risk of lung cancer falls to half that of a smoker. Other cancers occurrences i.e. mouth, larynx, oesophagus, bladder, kidney and pancreas decrease.

15
YEARS

Within 15 years of last cigarette

Risk of heart attack falls to the same as someone who has never smoked.



Ref: The Health Benefits of Smoking Cessation: A report of the Surgeon General. US DHHS, 1990., ASH UK 2001

NicoBloc — Helps reduce and overcome smoking at your own pace