

# THE HEALING TIMELINE

A realistic look at how long it takes for your body to recover after your last puff



**Twenty minutes:**

Your blood pressure decreases.

**Eight hours:**

The amount of carbon monoxide in your blood drops back to normal while oxygen increases to normal.

**Forty-eight hours:**

Your nerve endings start to regenerate, and you can smell & taste things better.

**One to nine months:**

Coughing, sinus congestion, fatigue and shortness of breath decrease.

**One year:**

The added risk of heart disease declines to half of that of a smoker.

**Five years:**

Your risk of lung cancer drops by one-half, your stroke risk lessens and your risk of cancer in the mouth or throat is one-half that of smokers.

**Ten years:**

Your risk of all smoking-related cancers such as lung, mouth and throat decreases by up to 50 percent.

**Fifteen years:**

Your risk of coronary artery disease is equal to that of a non-smoker.



*It's never too late to stop!*

SOURCE: AMERICAN LUNG ASSOCIATION

(985) 230-QUIT (7848)  
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