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 stoke 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

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