



Why it's time to stop smoking for good

When you make the decision to stop smoking, there are some immediate benefits to your health and some that are more long-term. There is no doubt, however, that quitting is good for your health!

After 20 minutes:

Your pulse rate returns to normal.

After 2–12 weeks:

Your circulation improves.

After 8 hours:

Nicotine and carbon monoxide in your blood reduces by more than half and oxygen levels return to normal.

After 3–9 months:

Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.

After 48 hours:

Carbon monoxide is eliminated from your body. Your lungs start to clear out mucus and other smoking debris. There is no longer any nicotine left in the body. Your ability to taste and smell is improved.



After 1 year:

Your risk of heart disease is about half compared with a person who is still smoking.

After 10 years:

Your risk of lung cancer falls to half that of a smoker.

After 72 hours:

Your breathing becomes easier. The bronchial tubes in your lungs begin to relax and your energy levels will increase.

After 15 years:

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

Source: www.nhs.uk