

# Benefits of quitting smoking for all

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Timeline	Benefit
<b>20 minutes</b>	Pulse will start to return to normal.
<b>8 hours</b>	Oxygen levels start to recover and poisonous carbon monoxide levels in your blood will have been halved.
<b>48 hours</b>	All carbon monoxide is gone. Lungs start to clear out mucus. Sense of taste and smell starts to improve.
<b>72 hours</b>	Breathing feels easier. Bronchial tubes have started to relax. Increased energy levels.
<b>2 – 12 weeks</b>	Blood will be pumped through heart and muscles better.
<b>3 – 9 months</b>	Coughs, wheezing and breathing problems will have improved. Lung function improved by up to 10%.
<b>After 1 year</b>	Risk of heart attack will have halved. After 10 years, risk of death from lung cancer will have halved.

## Benefits of quitting smoking for teenagers

- You are less likely to get teenage acne, or if you already have it, it won't be as bad.
- You can protect your appearance from signs of ageing – smoking makes you wrinkly.
- Your teeth will stay whiter and cleaner looking.
- Your clothes, hair and breath won't stink.
- You'll have more money, now and in later life.
- You'll have better concentration and focus.
- Long term, you will be more relaxed and less stressed.
- You can protect the environment, as tobacco production is harmful. It creates litter, pollution and deforestation.
- You won't be falling for the marketing tricks of big tobacco companies who try to recruit young smokers.

Benefits of quitting smoking for all – October 2024