Health benefits of stopping smoking

Resource #12
Years 3,4,5 & 6

After just 20 minutes
Your heart beats at its normal rate.

After 8 hours
Oxygen increases and your chances of having a heart attack start to fall.

After 24 hours
The lungs start to clear out mucus and debris.

After 48 hours
Nicotine leaves the body and taste and smell improve.

After 72 hours
Breathing and energy levels increase.

After 2-12 weeks
Blood circulation improves throughout the body.

After 3-9 months
Coughing, shortness of breath and wheezing improve.

After 5 years
The risk of having a heart attack falls to about half that of a smoker and after 10 years it is the same as someone who has never smoked. Lung cancer risks reduce with every year you quit.