

# A CLOSER LOOK:

## A Timeline For Getting Healthier



### QUIT DAY

- Your blood pressure and heart rate improve.
- The level of carbon monoxide in your blood declines to normal.
- The level of oxygen in your blood increases toward normal.
- Blood flow to your hands and feet improves.

### DAY 2

- Your risk of heart attack starts to dip after only 24 hours.
- Your senses of smell and taste start to improve.

### WEEKS 1 - 4

- Your circulation has improved.
- Your lungs are starting to function better.
- You are producing less phlegm.
- You'll cough and wheeze less.

### MONTHS 1 - 3

- Your lung function has improved significantly.
- Sinus congestion and shortness of breath have declined.
- You have more energy.

### YEAR 1

- Your risk of coronary heart disease and heart attack has fallen by half.

### YEAR 5

- Your risk of cancers of the mouth, throat and esophagus has fallen by half.

### YEAR 10

- Your risk of lung cancer falls by up to half.

### YEAR 15

- Your risk of coronary heart disease equals that of a lifelong nonsmoker.
- Your risk of stroke equals that of a lifelong nonsmoker.
- Your risk of death equals that of a lifelong nonsmoker.