

Getting better after quitting

As soon as you quit smoking, your body starts to recover straight away. Here are the good things that happen to the body from the day you stop smoking.

- **After 12 hours:** More oxygen starts to get to the heart and muscles. If you are NOT using nicotine replacement therapy, almost all of the nicotine is out of the blood 12 hours after quitting smoking.
- **After 1 week:** The lungs feel better and begin to clean out the mucus, tar and dust. The blood will also become healthier and better at fighting germs. Your taste and smell is improved.
- **After 2 months:** The immune system will get better. This means that the body will find it easier to fight off common sicknesses like the flu, colds and sores. The blood will start moving through the body more easily and help the heart and other organs to work better.
- **After 6 months:** Exercise becomes easier as more air is getting into the lungs.
- **After 1 year:** The blood pressure goes back to normal and the risk of heart disease halves.
- **After 5 years:** There is much less chance of having a heart attack or stroke.
- **After 10 years:** There is much less chance of getting lung cancer.
- **After 15 years:** The risk of heart attack and stroke is now almost the same as a non-smoker.

If you can quit smoking and stay quit, your body will have the chance to recover and become healthy again.

After 12 hours

- Almost all nicotine is out of the blood
- More oxygen gets to heart and muscles

After 2 months

- Immune system is better which helps to fight off colds and the flu
- Blood starts moving through the body and helps the heart and organs to work better

After 1 year

- Blood pressure back to normal
- Risk of heart disease halves

After 10 years

- Less chance of getting lung cancer

After 1 week

- Lungs feel better
- Blood is healthier
- Sense of smell improves

After 6 months

- More air gets in the lungs
- Exercise gets easier

After 5 years

- Less chance of getting a heart attack or stroke

After 15 years

- Risk of heart attack and stroke is almost the same as non-smoker

