

The Health Benefits of Quitting

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Reviewing the health benefits of quitting can reinforce the will to stop smoking and resist from slips and a relapse. Some health benefits related to quitting can be seen within minutes while others can take up to fifteen years. Ultimately, quitting is the most important thing you can do for your health and the longer you abstain from smoking the better health outcomes you will have.

Health benefits that can be seen early on when someone decides to quit after:

- 20 minutes - blood pressure and heart rate return to normal
- 8 hours – oxygen levels return to normal
- 24 hours – carbon monoxide is eliminated from the body. Lungs begin to eliminate mucus and debris
- 48 hours – nicotine is eliminated from body. Sense of taste and smell improve
- 72 hours – breathing is easier, bronchial tubes relax, and energy levels rise
- 2-12 weeks - circulation improves

After quitting for one year heart attack risk decreases by 50%. Lung cancer risk also decreases by 50% ten years after quitting. Finally, heart attack risk become equal to someone who has never smoked after fifteen years. The withdrawal symptoms will typically begin within hours of quitting and peak within forty-eight hours but will completely disappear after two to four weeks. Remember that quitting can be difficult but each attempt will serve as practice. Withdrawal symptoms will eventually pass with the first 2 weeks being the toughest, but if you resist smoking and quit for good, your health will thank you.

If you or someone you know needs help quitting, call 1-800-NoButts or 1-800-45-No Fume