



Good News For Non-Smokers

You might think it is too late to quit smoking, but here is some good news from the American Cancer Society: as soon as you snuff out that last cigarette, your body will begin a series of physiological changes.

Medical Changes

Within 20 minutes: Blood pressure, body temperature and pulse rate will drop to normal.

Within 8 hours: Smoker's breath disappears. Carbon monoxide level in blood drops and oxygen level rises to normal.

Within 24 hours: Chance of heart attack decreases.

Within 48 hours: Nerve endings start to regroup. Ability to taste and smell improves.

Within 3 days: Breathing is easier.

Within 2 to 3 months: Circulation improves. Walking becomes easier. Lung capacity increases up to 30 percent.

Within 1 to 9 months: Sinus congestion and shortness of breath decrease. Cilia that sweep debris from your lungs grow back. Energy increases.

Within 1 year: Excess risk of coronary heart disease is half that of a person who smokes.

Within 2 years: Heart attack risk drops to near normal.

Within 5 years: Lung cancer death rate for the average former pack-a-day smoker decreases by almost half. Stroke risk is reduced. Risk of mouth, throat and esophageal cancer is half that of a smoker.

Within 10 years: Lung cancer death rate is similar to that of a person who does not smoke. The pre-cancerous cells are replaced.

Within 15 years: Risk of coronary heart disease is the same as a person who has never smoked.

Dental Changes

Within 12 hours: No further tobacco staining of teeth.

Within 1-9 months: Improved response to periodontal therapy.

Within 1 year: Reduced risk of tooth loss: reduced probing depths.

Within 5-15 years: 50% reduced risk of oral and esophageal cancer.

Within 15 years: Same risk of tooth loss as a non-smoker.