

# Benefits of Quitting Tobacco

## Within...

- **8 hours:**  
The carbon monoxide level in your blood drops to normal and the oxygen level in your blood increases to normal.  
Your breathing starts to improve.
- **24 hours:**  
Your chance of a heart attack decreases.
- **48 hours:**  
Nerve endings start to grow again.  
Your senses of smell and taste improve.
- **2 weeks:**  
Your circulation improves and your lung function increases.
- **1 to 9 months:**  
Your cough, stuffy nose and shortness of breath decrease. Your energy level increases.
- **1 year:**  
Your chance of heart disease is cut in half.
- **5 years:**  
Your chance of a stroke is the same as someone who does not use tobacco.  
Your chance of dying from lung cancer is cut in half.
- **5 to 10 years:**  
Pre-cancerous cells are replaced with normal cells.
- **10 years:**  
Your risk of cancer, stroke, and heart disease is close to the same of someone who has never used tobacco.

(Source: World Health Organization)



## Other Benefits

- You have fewer colds, sinus infections and lung problems such as pneumonia, bronchitis and asthma attacks.
- Your chance of getting an ulcer is lowered.
- You are less likely to develop cancer of the mouth, throat, esophagus, bladder, kidney and pancreas.
- Your body's ability to heal after surgery improves.
- Your body uses insulin better. This can help you control diabetes if you have it.
- Quitting tobacco is good for your well-being. It can help relieve symptoms of anxiety, stress and depression.
- Your HDL (good cholesterol) levels increase.
- You have increased energy, power and strength.
- Foods have more flavor because your sense of taste and smell improves.

(over)

- Side and night vision improves.
- Smoking-related health risks for your unborn child are eliminated.
- There is less chance that your children will use tobacco.
- You have less of a chance of being in a car accident.
- You have lower car, life and homeowner insurance rates.
- You will be free from the hassle, mess and control of the tobacco habit.
- You have more spending money!

## Need Help?

Go to [allinahealth.org/quit](https://allinahealth.org/quit) or scan the QR code to learn more about quitting and to find resources to help you quit.

