

WHAT HAPPENS AFTER YOU QUIT SMOKING?



20 MINUTES

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

8 HOURS

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 HOURS

- Chance of heart attack decreases

48 HOURS

- Nerve endings start regrouping
- Ability to smell and taste is enhanced

2 WEEKS to 3 MONTHS

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

1 to 9 MONTHS

- Coughing, sinus congestion, fatigue, and shortness of breath decrease
- Cilia regrow in lungs, increasing their ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy increases

1 YEAR

- Excess risk of coronary heart disease is half that of a smoker

5 YEARS

- Lung-cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting
- Risk of cancer of the mouth, throat, and esophagus is half that of a smoker's

10 YEARS

- Lung-cancer death rate is similar to that of a non-smoker
- Precancerous cells are replaced
- Risk of cancer of the mouth, esophagus, bladder, kidney, cervix, and pancreas decreases

15 YEARS

- Risk of coronary heart disease is that of a non-smoker

WHAT'S IN CIGARETTE SMOKE?



CHEMICALS

Acetone (nail polish remover)
Acetic Acid (hair dye)
Ammonia (floor/toilet cleaner)
Arsenic (rat poison)
Benzene (rubber cement)
Butane (cigarette lighter fluid)
Cadmium (rechargeable batteries)
Carbon Monoxide (car exhaust fumes)
DDT/Dieldrin (insecticides)
Ethanol (alcohol)
Formaldehyde (used to embalm bodies)
Hexamine (barbecue lighter)
Hydrazine (jet and rocket fuels)
Hydrogen Cyanide (gas chamber poison)
Methane (swamp gas)
Methanol (rocket fuel)
Napthalene (mothballs)
Nicotine (insecticide)
Nitrobenzene (gasoline additive)
Nitrous Oxide
Phenols (disinfectant)
Phenol (plastics)
Polonium (radiation)
Stearic Acid (candle wax)
Toluene (industrial solvent)
Vinyl Chloride (garbage bags and PVC2)



CHEMICALS THAT INCREASE THE RISK OF BIRTH DEFECTS

Acrylonitrile
Arsenic
Benzene
Butadiene
Cadmium
Carbon Monoxide
Chromium
Copper
DDT/Dieldrin
Formaldehyde
Lead
Magnesium
Mercury
Nickel
Styrene
Titanium
Toluene
Vinyl Chloride



CANCER CAUSING AGENTS

B-Napthylamine
Benzo(a)pyrene
Cadmium
Crysenes
Dibenz Acidine
Nickel
Nitrosamines
Nitrosornicotine
Polonium 210
Toluidine
Urethane



METALS

Aluminum
Copper
Gold
Lead
Magnesium
Mercury
Silicon
Silver
Titanium
Zinc