



## Ten reasons to quit smoking:

### 1. 20 minutes

Blood pressure stabilizes and drops to normal levels. Pulse rate as well as hand and feet temperature return to normal.

### 2. 8 hours

Levels of carbon dioxide and oxygen in the blood return to normal.

### 3. 24 hours

The probability of suffering a heart attack decreases.

### 4. 48 hours

Nerve endings begin to grow again.

### 5. 2 weeks to 3 months

Circulation and lung function improve, making it easier to walk.

### 6. 1 to 9 months

Breathing, cough, congestion and fatigue problems decrease. The cilia begin to re-grow and function again, increasing the ability to manage mucus.

### 7. One year

Risk of coronary disease decreases by 50%.

### 8. Five years

Compared to a non-smoker, the risk of death due to cancer in the lungs, throat, mouth, esophagus, bladder, kidney and pancreas, is reduced by 50%.

### 9. Ten years

Precancerous cells are replaced and the probability of dying from lung cancer is 30% - 50%.

### 10. 15 years

The risk of developing coronary disease is similar to that of a non-smoker.



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# SMOKING & YOUR HEART

Patient and Family Education



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