

The sooner you quit using tobacco or quit smoking the better, but it's never too late to receive the benefits of quitting and regain control of your health! As soon as you quit, your body begins to repair the damage caused by smoking and continues to repair itself for many years.

## 12 HOURS

Carbon monoxide levels in your body will drop to normal levels; oxygen levels increase

#### **48 HOURS**

Smell and taste senses will begin to return

### 1 YEAR

Your added risk of heart disease is about half compared to if you continued to smoke

### **20 MINUTES**

Blood pressure, heart rate, and temperature of hands and feet return to normal levels

# 24 HOURS

Mucous and other smoking debris start to clear from your lungs; risk of heart attacks begin to decrease

# 2 WEEKS - 3 MONTHS

Your blood circulation and lung function begins to improve, making it easier to breathe with less coughing and shortness of breath

This is not a comprehensive list of all of the benefits of tobacco cessation. To learn more about the benefits of quitting, visit <a href="https://www.QuitNowIndiana.com">www.QuitNowIndiana.com</a>