After the last cigarette, the road to better health starts within minutes and continues for years. Here are the changes your body experiences along that journey.

**Blood pressure, pulse rate and body temperature all drop to normal levels** within **8 hours**

**Cigarette smoke level in blood drops to normal**

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**Chances of a heart attack decreases within** **48 hours**

**Sense of smell and taste improve within** **3 months**

**Nerve endings start to regenerate**

**Sense of smell and taste improve**

**Circulation improves**

**Walking becomes easier**

**Lung capacity increases and lung function improves within** **9 months**

**Coughing, sneezing, and runny nose and irritation of the throat decrease**

**Excess risk of coronary heart disease is decreased to half that of a smoker within** **1 year**

**From 5–15 years after quitting, stroke risk is reduced to that of people who never smoked**

**Risk of death from lung cancer decreases to half that of people who never smoked**

**Risk of cancer drops to as little as one half that of a continuing smoker**

**Risk of heart disease and death returns to nearly the same level of people who never smoked**

Congratulations for taking steps to improve your health!