

# *Good News For Non-Smokers*

**You might think it is too late to quit smoking, but here is some good news from the American Cancer Society: As soon as you snuff out that last cigarette, your body will begin a series of physiological changes.**

**Within 20 minutes:** Blood pressure, body temperature and pulse rate will drop to normal.

**Within 8 hours:** Smoker's breath disappears. Carbon monoxide level in blood drops and oxygen level rises to normal.

**Within 24 hours:** Chance of heart attack decreases.

**Within 48 hours:** Nerve endings start to regroup. Ability to taste and smell improves.

**Within 3 days:** Breathing is easier.

**Within 2 to 3 months:** Circulation improves. Walking becomes easier. Lung capacity increases up to 30 percent.

**Within 1 to 9 months:** Sinus congestion and shortness of breath decrease. Cilia that sweep debris from your lungs grow back. Energy increases.

**Within 1 year:** Excess risk of coronary heart disease is half that of a person who smokes.

**Within 2 years:** Heart attack risk drops to near normal.

**Within 5 years:** Lung cancer death rate for the average former pack-a-day smoker decreases by almost half. Stroke risk is reduced. Risk of mouth, throat and esophageal cancer is half that of a smoker.

**Within 10 years:** Lung cancer death rate is similar to that of a person who does not smoke. The pre-cancerous cells are replaced.

**Within 15 years:** Risk of coronary heart disease is that same as a person who has never smoked.