

WORKSHEET: What happens after you stop smoking

QUIT SMOKING? THIS IS HOW THE BODY CHANGES AFTER THE FINAL CIGARETTE



- 20 minutes**
Pulse rate returns to normal
- 8 hours**
Nicotine and carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal
- 48 hours**
Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris. There is no more nicotine in the body. The ability to taste and smell is improved.
- 72 hours**
Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
- 12 weeks**
Circulation is improved
- 9 months**
Coughs, wheezing and breathing problems improve as lung function increases by up to 10 per cent.
- 1 year**
Risk of heart disease is about half compared with a person who's still smoking.
- 15 years**
Risk of heart attack falls to the same as someone who has never smoked.

How long does it take....

1. For breathing to become easier? _____
2. For circulation to improve? _____
3. For pulse rate to return to normal? _____
4. For coughing to improve? _____
5. For risk of heart attack to be same as someone who never smoked?

6. For taste and smell to improve? _____