

STOP SMOKING

How your body starts to recover after you quit smoking...



The Missouri Department of Corrections is going tobacco free on April 1. Ask your supervisor for information on quitting resources.



Start Healing

20 minutes		Your heart rate and blood pressure drop.
12 hours		The carbon monoxide level in your blood drops to normal.
2 weeks to 3 months		Your circulation improves, and your lung function increases.
1-9 months		Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce risk of infection.
1 year		The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.
5 years		The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
10 years		The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx(voice box) and pancreas decreases.
15 years		The risk of coronary heart disease is that of a non-smoker's.