

# Why it's not too late to stop smoking



If you've been thinking about quitting smoking, but you think the damage has already been done, take a look at the quick and astonishing progress your body can make when you finally stop. According to the Quit Smoking page on the Discovery Web site:

- Twenty minutes after you quit, your blood pressure decreases, your pulse rate drops and the temperature of your hands and feet go up.
- Eight hours after you quit, oxygen levels increase to normal and carbon monoxide levels drop to normal.
- Twenty-four hours after you quit, your risk of heart attack goes down.
- After one-to-nine months, coughing, sinus congestion, fatigue and shortness of breath decrease.
- After a few weeks, circulation and lung function improve.
- A year after you quit, your risk of coronary heart disease is cut in half.
- Five to 15 years after you stop smoking, your risk of stroke has been reduced to that of those who never smoked.
- After 10 years, your risk of ulcers lowers, your risk of lung cancer is cut in half and your risk for other cancers also decreases.
- After 15 years, your risk of coronary heart disease is now similar to that of people who have never smoked. Your risk of death is now almost the same as someone who has never smoked.