

**HORIZON**



**Public Health**  
Prevent. Promote. Protect.



## Mission:

Our mission is to work in partnership with individuals and communities in creating an environment that promotes the health and well-being of all people in Douglas, Grant, Pope, Stevens and Traverse Counties.



 Toll free 800.450.4177  
or 320.763.6018

 [horizonpublichealth.org](http://horizonpublichealth.org)

 @HorizonPublicHealth

 [horizonpublichealth](https://www.instagram.com/horizonpublichealth)

 [info@horizonph.org](mailto:info@horizonph.org)

March 2023

# THE INSTALLMENT

## What Happens To Your Body When You Quit Smoking?

*National No Smoking Day is held every second Wednesday of March.*

Here is what can happen to your body once you quit smoking:

- 20 Minutes:** Within half an hour of your last cigarette, your **pulse and blood pressure** typically drop to normal levels.
- 12 Hours:** **Carbon monoxide** levels drop to normal less than a day after you quit.
- 24 Hours:** **Heart attack risk** goes down after just 1 day without cigarettes and continues to drop after that.
- 48 Hours:** The cells that help your **sense of taste and smell** seem to grow back quickly when you stop smoking.
- 72 Hours:** The **bronchial tubes** start to relax, making it easier to breathe.
- 2-12 Weeks:** **Blood circulation** increases and you may start to feel sensations more easily, and your hands and feet will be warmer as well.
- 1 to 9 Months:** The tiny hairs in your lungs called cilia start to grow back. These help clean out your lungs and lessen infection. Your **lung function** could go up by as much as 10%!
- 1 year:** Your risk of both **heart disease and heart attack** drop to about half that of a smoker.
- 5 Years:** Your risk of **stroke** could fall to the same as that of someone who doesn't smoke.
- 10 Years:** **Lung cancer** risk is cut in half for a person who no longer smokes.
- 15 Years:** Your risk of both **heart disease and heart attack** is now the same as someone who has never smoked.

**FREE** resources to quit: [quitpartnermn.com](http://quitpartnermn.com) or  
1-800-QUIT-Now

Source: WebMD