It’s Never Too Late To Stop Tobacco Use

What happens to your body when you quit smoking

- **Within 20 minutes**, heart rate and blood pressure start to decrease and return back to normal.
- **After 8 hours**, carbon monoxide levels start to drop.
- **After 24 hours**, ability to smell and taste improves.
- **After 72 hours**, breathing becomes easier.
- **After 2 weeks to 3 months**, circulation improves.
- **After 1 year**, risk of heart disease is cut in half.
- **At 15 years**, risk of coronary heart disease is similar to that of individuals who have never smoked.

This resource has been adapted from William Osler Health System, Central West CCAC. It was approved by the Nova Scotia Cancer Patient Education Committee, February 2017. © Nova Scotia Health Authority. This information will be updated every 3 years, or as new clinical evidence emerges. NSCCP-0066 March 2019