



KENDALL COUNTY HEALTH DEPARTMENT

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What Happens When You Quit?

2 Hours After Quitting

Nicotine begins to leave your system. Some people may feel withdrawal pangs. This is a good sign. Your body is cleaning itself out.

After 12 Hours

The carbon monoxide is completely out of your system. Your lungs work more efficiently and can do more without becoming short of breath.

After 2 Days

Your sense of taste and smell sharpen. In addition, your breath, hair, fingers, and teeth will be cleaner.

After 1 Week

Most major withdrawal symptoms are gone. Your circulation improves.

One to Nine Months

Your body's energy level increases. Coughing, sinus congestion, fatigue, and shortness of breath decrease. Your lung function can improve by as much as 30%.

After 1 Year

Your risk of lung cancer is reduced and risk of heart disease is cut in half.

15 Years after Quitting

Your risk of lung cancer and heart disease approaches that of someone who has never smoked.

Fortunately, the human body is very resilient. It immediately starts to repair itself once the constant onslaught of chemicals, toxins, and carcinogens is removed. Much of the damage done by smoking can be reversed with time- but you have to quit first.