TIMELINE MAKER

QUITTING SMOKING TIMELINE

VISIT TIMELINE MAKER TEMPLATE

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- **20 Minutes** — Blood pressure and heart rate start to decrease
- **8 Hours** — Nicotine and carbon monoxide levels in the blood decrease; oxygen levels increase
- **24 Hours** — Carbon monoxide is eliminated from the body; lungs start to clear mucus and debris
- **48 Hours** — Sense of taste and smell improve
- **72 Hours** — Breathing becomes easier; energy levels increase
- **2-3 Weeks** — Circulation improves; lung function increases
- **1- 9 Months** — Coughing and shortness of breath decrease
- **1 Year** — Risk of coronary heart disease is half that of a smoker
- **5 Years** — Risk of stroke is reduced to that of a non-smoker
- **10 Years** — Risk of lung cancer is reduced by half compared to a smoker