

## Health benefits associated with stopping smoking

Time since stopping smoking	Health benefits
within 1 day	<ul style="list-style-type: none"> <li>level of carbon monoxide in the blood will drop and more oxygen will reach the heart and muscles</li> </ul>
within 1 week	<ul style="list-style-type: none"> <li>the lung's natural cleaning system will start to recover and become better at removing mucus, tar and dust from the lungs</li> <li>there will be higher blood levels of protective antioxidants (eg vitamin C)</li> </ul>
within 1 month	<ul style="list-style-type: none"> <li>the body will be better at healing cuts and wounds</li> </ul>
within 2 months	<ul style="list-style-type: none"> <li>there will be less coughing and wheezing</li> <li>the immune system will have started to recover</li> <li>blood will be less thick and sticky and blood flow to the hands and feet will improve</li> </ul>
within 6 months	<ul style="list-style-type: none"> <li>lungs will no longer produce the extra phlegm caused by smoking</li> </ul>
after 1 year	<ul style="list-style-type: none"> <li>lungs will be healthier and breathing will be easier, making it easier to exercise</li> </ul>
within 2 to 5 years	<ul style="list-style-type: none"> <li>there will be a large drop in risk of heart attack and stroke; this risk will continue to gradually decrease</li> </ul>
within 5 years	<ul style="list-style-type: none"> <li>risk of cervical cancer will return to that of a person who has never smoked</li> </ul>
after 10 years	<ul style="list-style-type: none"> <li>risk of lung cancer will be markedly lower than that of a person who continues to smoke; this risk will continue to decline (provided the disease is not already present)</li> </ul>
after 15 years	<ul style="list-style-type: none"> <li>risk of heart attack and stroke will be close to that of a person who has never smoked</li> </ul>

Doctor's contact details:

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