

# The benefits of quitting happens within minutes.

<b>20 minutes</b>	Blood pressure, heart rate return to normal.
<b>8 Hours</b>	O <sup>2</sup> level returns to normal; nicotine and CO levels reduced by half.
<b>24 Hours</b>	CO is eliminated from body: lungs begin to eliminate mucus and debris.
<b>48 Hours</b>	Nicotine eliminated from body; taste and smell improve.
<b>72 Hours</b>	Breathing is easier; bronchial tubes relax; energy levels increase.
<b>2-12 Weeks</b>	Circulation improves.
<b>3-9 Months</b>	Lung function increases up to 10%; coughing, wheezing, breathing problems reduced.
<b>1 Year</b>	Heart attack risk decreased by 50%.
<b>10 Years</b>	Lung cancer risk decreased by 50%.
<b>10 Years</b>	Heart attack risk same as for someone who never smoked.

Need Help Quitting? Call the NJ Quitline



**NEW JERSEY  
QUITLINE**  
1-866-NJ-STOPS  
free telephone counseling  
njquitline.org

**Tobacco-Free**  
FOR A HEALTHY NEW JERSEY

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