

Health benefits associated with stopping smoking

TIME SINCE STOPPING SMOKING	HEALTH BENEFITS
Within 1 day	Level of carbon monoxide in the blood will drop and more oxygen will reach the heart and muscles
Within 1 week	The lungs' natural cleaning system will start to recover and become better at removing mucus, tar and dust from the lungs There will be higher blood levels of protective antioxidants (eg vitamin C)
Within 1 month	The body will be better at healing cuts and wounds
Within 2 months	There will be less coughing and wheezing The immune system will have started to recover Blood will be less thick and sticky and blood flow to the hands and feet will improve
Within 6 months	Lungs will no longer produce the extra phlegm caused by smoking
After 1 year	Lungs will be healthier and breathing will be easier, making it easier to exercise
Within 2 to 5 years	There will be a large drop in risk of heart attack and stroke; this risk will continue to gradually decrease
Within 5 years	Risk of cervical cancer will return to that of a person who has never smoked
After 10 years	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)
After 15 years	Risk of heart attack and stroke will be close to that of a person who has never smoked

Reference: Published in *Therapeutic Guidelines*, June 2023. © Therapeutic Guidelines Limited. www.tg.org.au