

# TAKE THE ROAD TO BETTER HEALTH

Your lungs can hold more air. Coughing, congestion, fatigue, and shortness of breath decrease. Cilia regrow in the lungs, increasing your ability to fight off infections. Overall body energy increases.

Walk a mile and a half. Shoot hoops. Chop wood. It's easier now.

Nicotine, the addictive substance in cigarettes, is out of your body. Celebrate! You're smoke-free and nicotine-free.

Carbon monoxide level in the blood drops to normal. Oxygen level increases.

Take in some air. You're breathing better now.

1-9 months

1 year and over

Risk of heart attack, stroke, lung, and other cancers take a major drop, usually to the level of a nonsmoker.

Relax. You can stop worrying about nasty diseases caused by cigarettes.

1-3 weeks

Nerve endings are back in action. Sense of taste and smell improve.

Taste a Kiwi. Smell your favorite flower.

72 hours

24 hours

Breath, hair, and body stop smelling like smoke.

Shower. Gargle. Start fresh.

8 hours

20 minutes

Blood pressure and pulse slow to normal. Circulation in hands and feet improves.

Find your pulse. A healthy heart is pumping oxygen-carrying blood throughout your body.

## What Happens

# When you



# SMOKING?

The Road to Better Health adapted from Butts Out, Issue 2, California Smoker's Helpline. Brought to you by Washington County Public Health & Environment  
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