

<b>20 minutes</b>
<b>8 hours</b>
<b>1 day</b>
<b>2 days</b>
<b>3 days</b>
<b>2—12 weeks</b>
<b>3—9 months</b>
<b>5 years</b>
<b>10 years</b>

Blood pressure and heart rate back to normal		Saved <b>5.9 pence</b>
Nicotine and carbon monoxide levels down by 50% and oxygen levels back to normal		Saved <b>£1.42</b>
No more carbon monoxide in your body and your lungs are starting to clear		Saved <b>£4.20</b>
No nicotine in your body and you can taste and smell things much better		Saved <b>£8.40</b>
You can breathe easier and have more energy		Saved <b>£12.60</b>
Your blood is circulating around your body well		Saved <b>£351</b> in 12 weeks
You no longer cough and wheeze and your lungs are working better		Saved <b>£766.50</b> in 6 months
Your risk of having a heart attack is now about 50% less than if you were still smoking		Saved <b>£7665</b>
Your risk of getting lung cancer is now 50% less than if you were still smoking		Saved <b>£15,000</b>

# My body—what happens when I quit smoking?

**20 minutes** blood pressure and heart rate back to normal



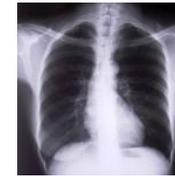
Saved **5.9 pence**

**8 hours** nicotine and CO levels down and oxygen normal



Saved **£1.42**

**1 day** no more CO in your body and lungs clearing



Saved **£4.20**

**2-12 weeks** your blood is going round your body well



Saved **£351** in 12 weeks

**3 days** you can breathe easier and have more energy



Saved **£12.60**

**2 days** no nicotine in your body and able to taste things



Saved **£8.40**

**3-9 months** you don't cough and wheeze and your lungs are working well



Saved **£766.50** in 6 months

**5 years** you have reduced your risk of having a heart attack by 50%



Saved **£7665**

**10 years** you have reduced your risk of getting lung cancer by 50%



Saved **£15,000**



# My body—what happens when I quit smoking?