

What happens inside your body when you stop smoking?

It's never too late to stop smoking - your body will heal faster than you imagine. After just a few years, your risk of premature death will have reduced significantly.

Your recovery will start the moment you put out your last cigarette.

20 minutes:

- Your pulse and blood pressure have returned to normal levels

8 hours:

- The carbon monoxide level in your blood is reduced to nearly normal levels
- You feel less tired

24 hours:

- The risk of a heart attack is reduced

2 to 12 weeks:

- Your lungs and blood circulation are improved, which results in a much higher energy level
- Your skin is smoother and rosier

4 to 6 months:

- You cough less
- The flagella in your lungs are recovering, and are starting to clean up your lungs and respiratory system

1 year:

- Your immune system is much improved, and you won't get sick as often
- The risk of a heart attack is now reduced even further
- Women recover after 3-5 years, with the same risk of heart disease as a non-smoker

5 years:

- Your risk of cancer is halved
- The risk of a heart attack or a stroke is the same as for a non-smoker

10 years:

- The risk of lung cancer is reduced by two thirds

15 years:

- The risk of smoking related illness is almost as low as for a person who has never smoked

Visit www.1177.se for more information.