

# Instant Gratification

Stop smoking and feel immediate benefits.  
A new book has all the details.

## After Quitting For:

### 20 Minutes:

- Blood pressure decreases.
- Pulse rate drops.
- Body temperature of hands and feet increases.

### Eight Hours:

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

### 24 Hours:

- Chance of heart attack decreases.

### 48 Hours:

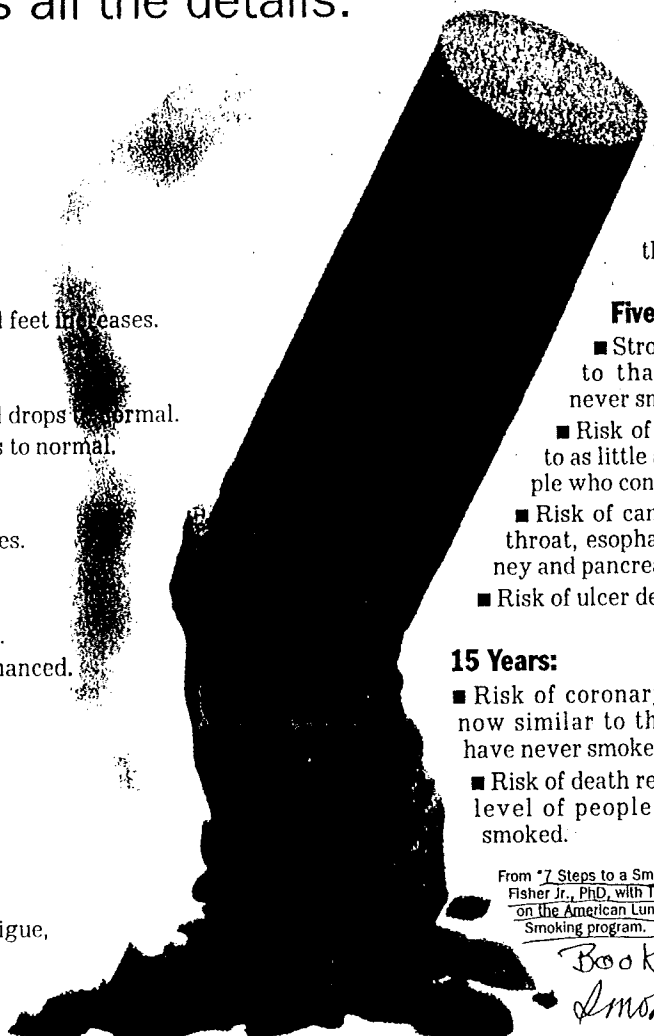
- Nerve endings start regrowing.
- Ability to smell and taste is enhanced.

### Two Weeks to Three Months:

- Circulation improves.
- Walking becomes easier.
- Lung function increases.

### One to Nine Months:

- Coughing, sinus congestion, fatigue, shortness of breath decrease.



### One Year:

- Excess risk of coronary heart disease is decreased to half that of a smoker.

### Five to 15 Years:

- Stroke risk is reduced to that of people who never smoked.
- Risk of lung cancer drops to as little as half that of people who continue to smoke.
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.
- Risk of ulcer decreases.

### 15 Years:

- Risk of coronary heart disease is now similar to that of people who have never smoked.
- Risk of death returns to nearly the level of people who have never smoked.

From "7 Steps to a Smoke-Free Life," by Edwin B. Fisher Jr., PhD, with Toni L. Goldfarb (Wiley), based on the American Lung Assn.'s Freedom From Smoking program.

*Book "7 Steps To a Smoke Free Life"*