

## Changes to your body once you have stopped smoking

### **20 minutes after your last cigarette**

- Reduction of blood pressure to normal levels
- Heart rate reduces to normal rate
- Body temperature of hands and feet increase

### **8 hours**

- Concentration of carbon dioxide in blood returns to normal levels
- Increased oxygen levels in blood

### **Within 24 hours**

- Reduced risk of heart attack

### **Within 48 hours**

- Regeneration of nerve endings
- Sense of smell and taste become more acute

### **Within 72 hours**

- Bronchial passages relax, facilitating respiration (if not damaged)
- Increased lung capacity

### **2 weeks to 3 months**

- Improved blood circulation
- Walking is easier
- Lung capacity can increase by 20%

### **Period varying from 1 to 9 months**

- Cough, nasal congestion, fatigue & difficulty breathing can reduce significantly
- Regeneration of pulmonary tissues. Increased ability for organism to retain mucus, purify the lung and fight off infections.

### **OVERALL INCREASE IN ENERGY LEVELS**

#### **Within 5 years**

- Mortality rate due to cancer in an average smoker (1 pack a day) reduces considerably from 137 to 72 in 100 000.

#### **Within 10 years**

- Pre-cancerous cells replaced with healthy cells
- Reduction in risk of developing other types of cancers such as : cancer in the mouth, larynx, aesophagus, bladder, kidneys and pancreas. Tobacco contains 50 chemical components causing cancer.

The time frames are indicated as a guideline only. These periods vary from person to person and depend on how many years you have smoked and the quantity smoked.



## ***Symptoms due to smoking cessation***

Symptoms	Possible Duration	What to do?
<b><i>Dizziness</i></b>	1 to 2 days	Know that it will pass
<b><i>Headaches</i></b>	Variable	Learn to relax
<b><i>Fatigue</i></b>	2 to 4 weeks	Exercise and sleep more
<b><i>Coughing</i></b>	Less than 7 days	Drink some water
<b><i>Chest pains/cramps</i></b>	Less than 7 days	Know that it will pass
<b><i>Trouble sleeping</i></b>	Less than 7 days	Avoid stimulants in the early evening (coffee, chocolate, cola)
<b><i>Constipation</i></b>	3 to 4 weeks	Drink a lot of water and increase fiber intake
<b><i>Hunger</i></b>	A few weeks	Eat 3 meals a day with small snacks
<b><i>Difficulty concentrating</i></b>	A few weeks	Be conscious and ready for it
<b><i>Strong urge to smoke</i></b>	Mainly the first 2 weeks and then occasionally	Do something else. An urge normally lasts 3 minutes.

**Take the first step toward a smoke-free lifestyle and call your EFAP.  
It's one of the most positive and healthy lifestyle changes you'll make.**

**1-844-880-9142**



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