

48 HOURS AFTER YOUR LAST CIGARETTE

Better health starts within minutes of your last cigarette and lasts a lifetime.



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



- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal (if no lung disease)



- Chance of a heart attack decreases



- Nerve endings start regrowing
- Sense of smell and sense of taste improve

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention & Control.

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