What happens to your body after you stop smoking?

20 mins
Pulse and blood pressure lower

8 hours
The amount of oxygen in your body returns to normal

2 days
Your sense of taste improves

3-9 months
Your lung function can increase by 10 per cent

1 year
Your risk of heart attack will drop by half

10 years
Your risk of lung cancer reduces to half that of a smoker

15 years
Your risk of having a heart attack is the same as someone who never smoked

If you are thinking about giving up smoking, visit bupa.co.uk/health-information for tips on breaking the habit and staying on track

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