

# What happens to your body after you stop smoking?



# 15 years

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

## 10 years

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

### 1 year

Your risk of heart attack will drop by half

### 3-9 months

Your lung function can increase by 10 per cent

### 2 days

Your sense of taste improves

### 8 hours

20 mins
Pulse and
blood
pressure
lower

The amount of oxygen in your body returns to normal

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