

UHEALTH AREA HEALTH EDUCATION CENTER



UNIVERSITY
OF MIAMI
AHEC – AREA HEALTH
EDUCATION CENTER



HEALING TIME LINE



- 20 min: BP comes down to normal
- 8 hrs: carbon monoxide drops to normal
- 24 hrs: sense of smell and taste are improved
- 2 weeks: cough/dyspnea resolving
- 9 months: coughing, congestion, exercise tolerance, fatigue are better
- One year: risk of heart disease is $\frac{1}{2}$ that of a smoker
- 5 yrs: stroke risk is equal to non-smoker
- 10 yrs: cancer of throat lung, mouth are cut by 50%
- 10-15 yrs: no increased risk of heart disease
- 10-15 yrs: mortality rates same as never smokers

