

MARCIA PROCTOR HYPNOTHERAPY

Marcia D. Proctor, CHT

WHAT ARE THE BENEFITS OF STOPPING SMOKING?

Low Risk	High Risk	
20 minutes	20 minutes	Blood pressure drops to normal Pulse rate drops to normal Temperature of hands and feet returns to normal
8 hours	8 hours	Carbon monoxide level in blood drops to normal Oxygen level in blood increases
24 hours	24 hours	Chance of heart attack decreases
48 hours	48 hours	Nerve endings start to regrow Smell and taste improved
2 weeks	3 months	Circulation improves Exercise, including walking, becomes easier Lung function increased by up to one-third
1 month	9 months	Cilia regrow in lungs and airways, increasing lung's self maintenance Energy level increased overall Coughing, sinus problems, tiredness, shortness of breath all decrease
1 year	1-1½ years	Excess risk of heart disease is halved. Recovery rate from heart/bypass surgery almost doubled
2½ years	5 years	Lung cancer death rate for average former smoker almost halved Risk of mouth and throat cancer halved
5 years	10 years	Risk of stroke similar to non-smoker
10 years	10 years	Lung cancer death rate the same as for non-smokers Pre-cancerous cells have been replaced Risk of cancer of mouth, throat, bladder, kidneys, pancreas decreases
10 years	15 years	Risk of heart disease is that of a non-user.
Low risk indicators:	Under 35 years old; smoking 15 a day or less, good level of fitness; regular exercise taken; no persistent cough, low total consumption since starting.	
High risk indicators:	Over 50 years old; smoking 30 a day or more; poor fitness level; no regular exercise taken; persistent cough; high total consumption since starting.	

These figures are based on research by more than one cancer society and do not represent guaranteed clinical or physical improvements to any one particular individual. It is widely accepted that non-smokers, even those who have smoked at sometime in their lives, live longer and with a higher quality of life than those who smoke or continue to smoke