

## QT4: Quitting Timeline Answers



<b>20 minutes</b>	Heart rate and blood pressure drop
<b>12 hours</b>	The level of carbon monoxide in the blood returns to normal.
<b>2 weeks – 3 months</b>	Lung function increases and circulation improves.
<b>1 – 9 months</b>	Coughs and shortness of breath decrease; lungs begin to recover, improving the ability to handle mucus and reduce the risk of infection.
<b>1 year</b>	Excess risk of coronary heart disease is half that of a person who continues to smoke.
<b>5 years</b>	The risk of mouth, throat, oesophagus, and bladder cancer are halved.
<b>10 years</b>	The risk of dying from lung cancer is about half that of that of a continuing smoker. The risk of cancer of the larynx and pancreas decreases.
<b>15 years</b>	The risk of coronary heart disease is that of a non-smoker.

### Additional information on stopping smoking:

- 68% of smokers in Scotland would like to stop smoking.
- It can take multiple attempts to have a successful attempt at quitting.
- NHS Stop Smoking Services Scotland report (April 2021 to March 2022) reported 31,359 quit attempts, with 45% having successfully stopped at one month after the quit.
- People are four times more likely to quit if they use NHS specialist support. Find options for free support at [www.quityourway.scot](http://www.quityourway.scot)
- Stopping smoking also benefits others. Living with someone who smokes in the home can increase a non-smokers chance of lung cancer by 20-30%. Children in a smoking household also have increased health risks compared to those who live in a smoke-free home.
- The financial benefits of stopping smoking soon add up. *A low-cost supermarket brand of 20 cigarettes costs £10.25 (June 2023) so a 20-a-day smoker, who quits, will save over £3,741 in a year!*