What happens to your body after you stop smoking?

- **20 mins**: Pulse and blood pressure lower
- **12 hours**: The amount of oxygen in your body returns to normal
- **2 weeks**: Your circulation and sense of taste improve
- **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.