What happens to your body after you stop smoking?

- **20 mins**
  - Pulse and blood pressure lower

- **8 hours**
  - The amount of oxygen in your body returns to normal

- **2 days**
  - Your sense of taste improves

- **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.