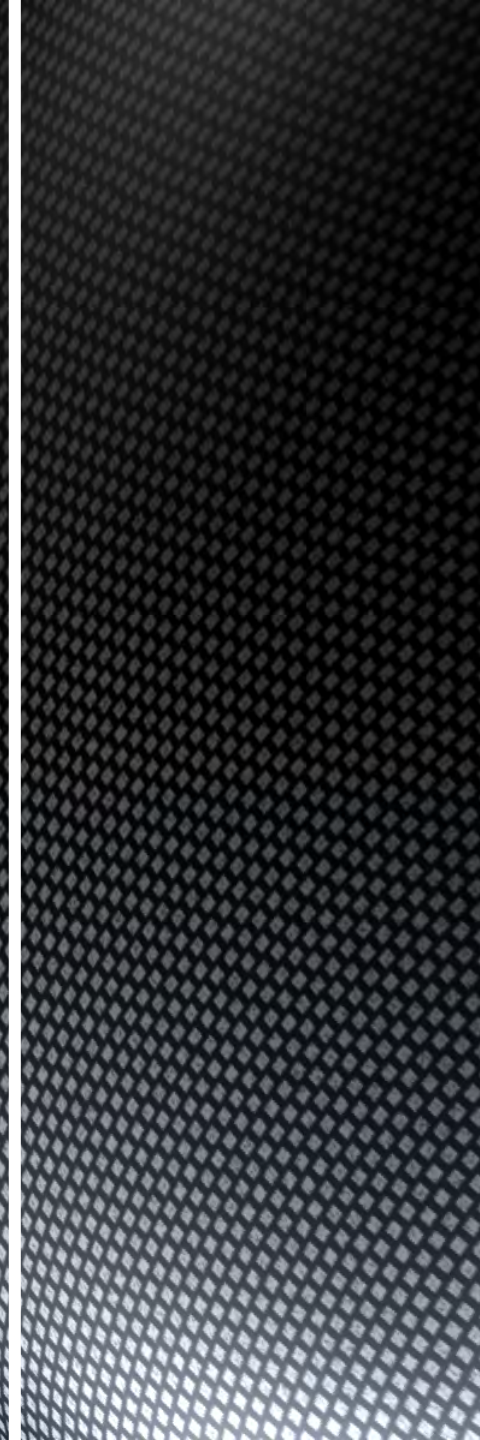
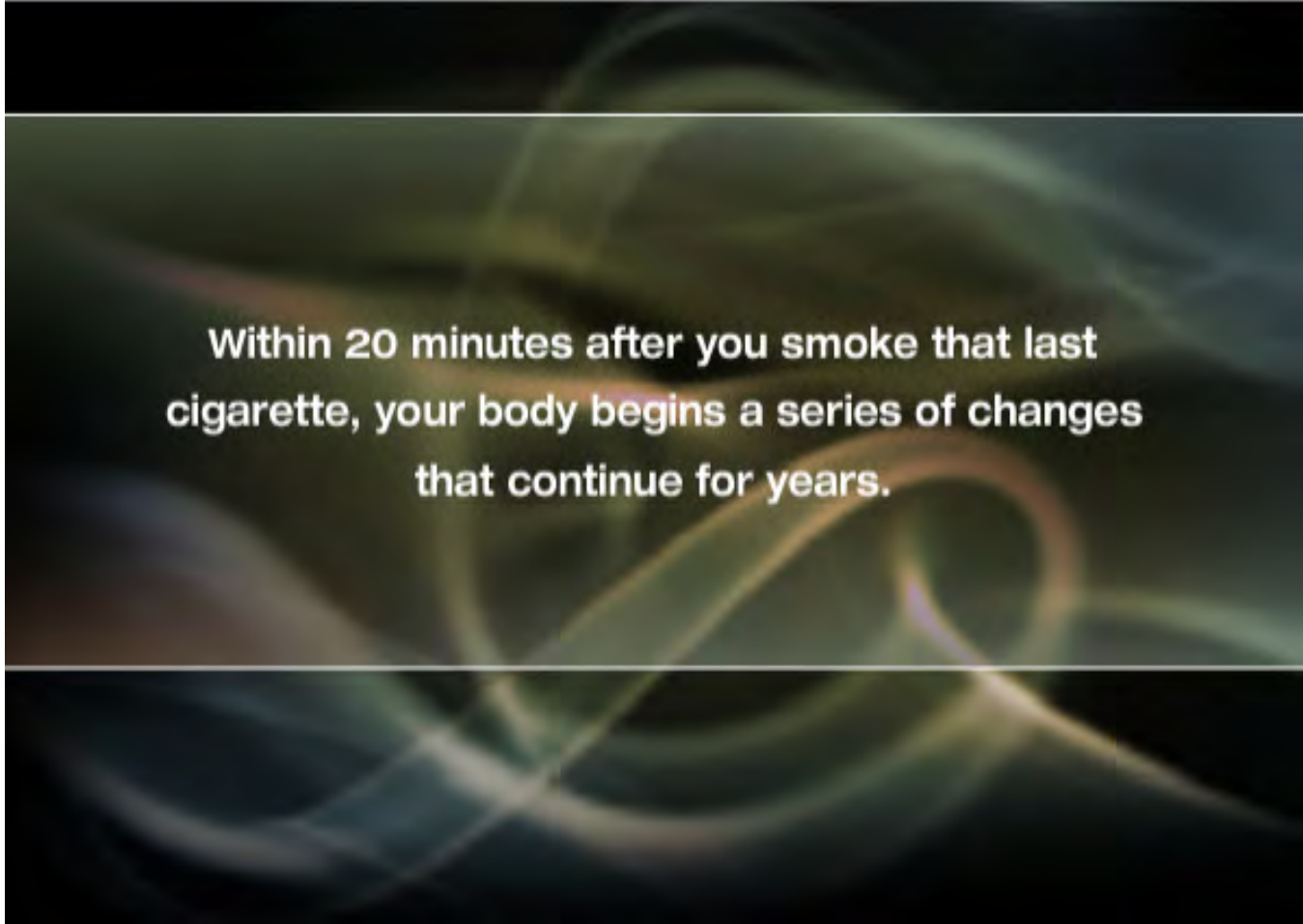


Benefits of Quitting





Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate drops.

20mins
after

12hrs after

2wks - 3m
after

1 - 9m
after

1yr after

2-5yrs
after

10yrs after

15yrs after

12 Hours After Quitting

Carbon monoxide level in your blood drops to normal.

20mins
after

12hrs after

2wks-3m
after

1 - 9m
after

1yr after

2-5yrs
after

10yrs after

15yrs after



2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.

Your lung function begins to improve.

20mins
after

12hrs after

2wks - 3m
after

1 - 9m
after

1yr after

2-5yrs
after

10yrs after

15yrs after

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

20mins
after

12hrs after

2wks - 3m
after

1 - 9m
after

1yr after

2-5yrs
after

10yrs after

15yrs after

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

20mins
after

12hrs after

2wks-3m
after

1 - 9m
after

1yr after

2-5yrs
after

10yrs after

15yrs after

2-5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 2 - 5 years after quitting.

Your risk of cancers of the mouth, throat, esophagus, and bladder is halved within 5 years.

20mins
after

12hrs
after

2wks-3m
after

1 - 9m
after

1yr
after

2-5yrs
after

10yrs
after

15yrs
after

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.

Your risk of cancers of the kidney and pancreas decreases.

20mins
after

12hrs after

2wks-3m
after

1 - 9m
after

1yr after

2-5yrs
after

10yrs after

15yrs after

15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.

20mins
after

12hrs after

2wks-3m
after

1 - 9m
after

1yr after

2-5yrs
after

10yrs after

15yrs after