

Within 20 minutes 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.

12 HOURS AFTER QUITTING

Carbon monoxide level in your blood drops to normal.

2 WEEKS TO 3 MONTHS AFTER QUITTING

Your heart attack risk begins to drop.
Your lung function begins to improve.

1 TO 9 MONTHS AFTER QUITTING

Your coughing and shortness of breath decrease.

1 YEAR AFTER QUITTING

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

5 YEARS AFTER QUITTING

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 YEARS AFTER QUITTING

Your lung cancer death rate is about half that of a smoker's.
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 YEARS AFTER QUITTING

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

Source: Centers for Disease Control and Prevention. Tobacco Information and Prevention Source
http://www.cdc.gov/tobacco/sgr/sgr_2004/posters/20mins.htm

1-800-QUIT NOW

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