

# 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.