What Happens When You **QUIT SMOKING**

**1-800-QUIT-NOW**

**20 MINUTES AFTER QUITTING:**
Your heart rate and blood pressure drop to normal levels.

**1 YEAR AFTER QUITTING:**
Your risk of coronary heart disease is half that of a smoker.

**12 HOURS AFTER QUITTING:**
The carbon monoxide level in your blood begins to drop to normal.

**5-15 YEARS AFTER QUITTING:**
Your risk of stroke is that of a nonsmoker.

**2 WEEKS TO 3 MONTHS AFTER QUITTING:**
Your circulation and lung function improve.

**10 YEARS AFTER QUITTING:**
Your risk of dying from lung cancer is about half of a smoker. Your risk of throat cancer, bladder cancer and kidney cancer decrease.

**1-9 MONTHS AFTER QUITTING:**
Coughing and shortness of breath decrease.

**15 YEARS AFTER QUITTING:**
Your risk of coronary heart disease falls to that of a nonsmoker’s.