



Quit smoking for you and everyone who cares for you.

How does your body recover after quitting ...

20 minutes



Your heart rate and blood pressure drop.

12 hours



The carbon monoxide level in your blood drops to normal.

2 weeks to
3 months



Your circulation improves, and your lung function increases.

1-9
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year



The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.

5 years



The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years



The risk of coronary heart disease is that of a non-smoker's.

Source: cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time

To get help and learn more, visit cancer.org/healthy/stay-away-from-tobacco
or call 1-800-227-2345 for free tips and tools.