



Health benefits of quitting smoking over time.

Within minutes of smoking your last cigarette, your body begins to recover:

20 minutes

Your heart rate and blood pressure drop.



2 weeks to 3 months

Your circulation improves, and your lung function increases.



1-2 years

Your risk of heart attack drops dramatically.



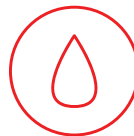
5-10 years

Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.



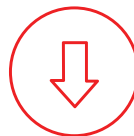
15 years

Your risk of coronary heart disease is close to that of a nonsmoker.



A few days

The carbon monoxide level in your blood drops to normal.



1-12 months

Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.



10 years

Your risk of lung cancer is about half that of a person who is still smoking (after 10-15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.

Source: <https://www.cancer.org/cancer/risk-prevention/tobacco/benefits-of-quitting-smoking-over-time.html>

Learn more at [cancer.org/cancer/risk-prevention/tobacco.html](https://www.cancer.org/cancer/risk-prevention/tobacco.html) or call 1-800-227-2345 for free tips and tools.