

Within **20** minutes
of quitting...
your heart rate improves.



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 decrease.

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...
over the next 5 to 15 years, your risk of stroke is decreased
to that of nonsmoker's.

10 years after quitting...
your lung cancer death rate is about half that of a
smoker's.

15 years after quitting...
your risk of coronary artery disease is back to that of a
nonsmoker's.

