



### 20 minutes

Your heart rate and blood pressure drop.



### A few days

The carbon monoxide level in your blood drops to normal.



### 2 weeks to 3 months

Your circulation improves and your lung function increases.

## Health Benefits of Quitting Smoking Over Time.

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



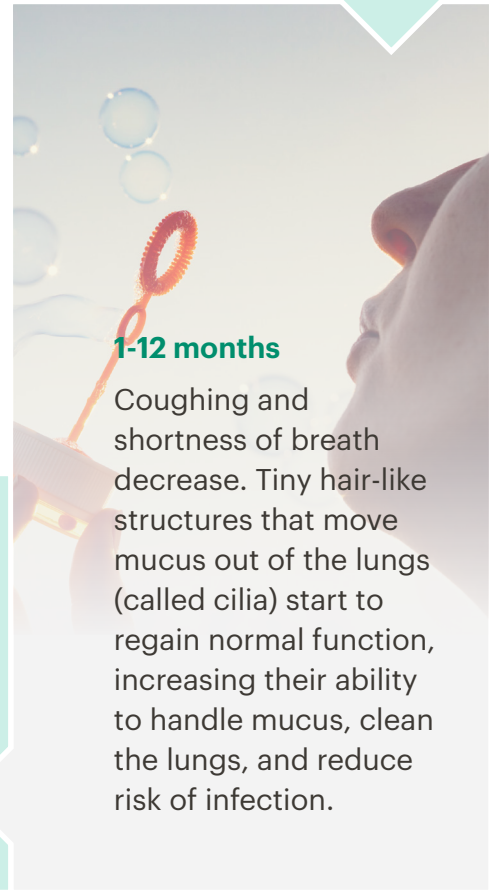
### 5-10 years

Your risk of cancers of the mouth, throat, and larynx is cut in half.



### 1-2 years

Your risk of heart attack drops dramatically.



### 1-12 months

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



### 15 years

Your risk of coronary heart disease is close to that of a non-smoker.