



# Quit 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](http://cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time)

To get help and learn more, visit [cancer.org/smokeout](http://cancer.org/smokeout) or call 1-800-227-2345 for free tips and tools. #greatamericansmokeout

