

### The Health Benefits of Quitting

When you quit smoking - healthy changes start in your body.

*Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.*

**After 20 minutes:**

Your heart rate and blood pressure drop.

**After 12 hours:**

Carbon monoxide level in your blood drops to normal.

**After 2 weeks to 3 months:**

Your heart attack risk begins to drop.  
Your lung function begins to improve.

**After 1 to 9 months:**

Your coughing and shortness of breath decrease.

**After 1 year:**

Your added risk of coronary heart disease is half that of a smoker's.

**After 5 to 15 years:**

Your risk of stroke is reduced to that of a nonsmoker.

**After 10 years:**

Your lung cancer rate is about half that of a smoker's. Your risk for other types of cancer also decreases.

**After 15 years:**

Your risk of coronary heart disease is the same as a non-smoker's.



***It's never too late! The day you quit is the first day of a longer, healthier life!***

Get more information:

[The Health Consequences of Smoking: What it means to you](#)

(A short, easy-to-read booklet that details how smoking affects the body.)

[En Español](#)