the benefits
of quitting

Compared to smokers, your...

- Stroke risk is reduced to that of a person who never smoked after 5 to 15 years of not smoking.
- Cancers of the mouth, throat, and esophagus risks are halved 5 years after quitting.
- Cancer of the larynx risk is reduced after quitting.
- Coronary heart disease risk is cut by half 1 year after quitting and is nearly the same as someone who never smoked 15 years after quitting.
- Chronic obstructive pulmonary disease risk of death is reduced after you quit.
- Lung cancer risk drops by as much as half 10 years after quitting.
- Ulcer risk drops after quitting.
- Bladder cancer risk is halved a few years after quitting.
- Peripheral artery disease goes down after quitting.
- Cervical cancer risk is reduced a few years after quitting.
- Low birthweight baby risk drops to normal if you quit before pregnancy or during your first trimester.