

# within 20 minutes of quitting...

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

## 20 Minutes After Quitting

Your heart rate drops.

## 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 drop.  
Your lung function begins to improve.

## 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

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

## 10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.  
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

## 15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.