

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:

**Yes!
You Can
Do This!**

**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.

Your coughing and shortness of breath decrease.

**1 to 9 Months
After Quitting**

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

**1 Year
After
Quitting**

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

**5
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.

**10
Years
After
Quitting**

**15
Years
After
Quitting**

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



SENTARA®

Community Health
and Prevention