WHAT HAPPENS WHEN YOU QUIT SMOKING

Within minutes of smoking your last cigarette, your body starts to recover:

**20 MINUTES**
- Your heart rate and blood pressure drop.

**24 HOURS**
- Chance of heart attack decreases.

**2 - 3 WEEKS/MONTHS**
- Your circulation improves and your lung function increases.

**1-9 MONTHS**
- Coughing, shortness of breath and sinus congestion decrease.

**1 YEAR**
- Risk of heart disease drops to half that of a smoker.

**5 YEARS**
- Risk of cancer of the mouth, throat, esophagus and bladder are cut in half.

**10 YEARS**
- Lung cancer risk is half that of a smoker.

**15 YEARS**
- Risk of heart disease is that of a nonsmoker.