

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