

When You Quit Smoking, Every Minute Counts

Twenty minutes after quitting: Your heart rate and blood pressure drop.

Eight hours after quitting: The carbon monoxide level in your blood drops to normal.

Two weeks to three months after quitting: Your circulation improves and your lung function increases.

One month to nine months after quitting: Coughing and shortness of breath decrease.

One year after quitting: Your risk of heart disease is half that of a smoker's.

Five years after quitting: Your stroke risk is reduced to that of a non-smoker.

10 years after quitting: Your risk of lung cancer death is half that of a person who continues to smoke.

15 years after quitting: Your risk of heart disease is that of a non-smoker.

Make this minute count, stop smoking now.