



# Quit smoking for you and everyone who cares for you.

## How does your body recover after quitting ...

20 minutes



Your heart rate and blood pressure drop.

12 hours



The carbon monoxide level in your blood drops to normal.

2 weeks to  
3 months



Your circulation improves, and your lung function increases.

1-9  
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year



The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.

5 years



The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years



The risk of coronary heart disease is that of a non-smoker's.

Source: [cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time](https://cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time)

To get help and learn more, visit [cancer.org/healthy/stay-away-from-tobacco](https://cancer.org/healthy/stay-away-from-tobacco) or call 1-800-227-2345 for free tips and tools.