

# When Smokers Quit.....

## Benefits of Quitting Over Time

### 20 minutes after quitting

Your heart rate and blood pressure drops

### 12 hours after quitting

The carbon monoxide level in your blood returns to normal

### 2 weeks to 3 months after quitting

Your circulation improves and your lung function increases

### 1 to 9 months after quitting

Coughing and shortness of breath decrease; cilia (tiny hair like structures in the lungs that move mucus out of the lungs) regain normal function, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection

1 year – Excess risk of coronary disease is half that of a smoker

5 years – Your stroke risk is reduced to that of a non-smoker between 5 to 15 years after quitting

10 years – Lung cancer death rate is about half that of a smoker

15 years – The risk of coronary heart disease is that of a non-smoker



Start to quit today.....

Ask your physician for help!