

## **Why Quitting Helps...**

20 minutes after you quit: Your heart rate and blood pressure drops.

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

2 weeks to 3 months after: Your circulation improves and your lung function increases.

1 to 9 months after: Coughing and shortness of breath decrease; cilia (tiny hair – like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after: The excess risk of coronary heart disease is half that of a smoker's.

5 years after: Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 years after: The lung cancer death rate is about half that of a continuing smoker's rate. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.

Exposure has a lot to do with the potential risks that smoking causes, and depends on how much over a lifetime. The more you smoke, or are around smoke, the greater your risk. But this can decrease every year you quit. People who stop smoking while they are young get the greatest health benefits. It is never too late to quit smoking!

Source: [Tobacco Free U](#)