

After ...

20 minutes:

Your heart rate drops to a normal level.

12 – 24 hours:

The level of carbon monoxide in your blood returns to normal.

12 – 24 hours:

Your risk of having a heart attack, once higher than average, decreases.

2 weeks to 3 months:

The risk for a heart attack drops significantly. Your lung function increases.

1 to 9 months:

Coughing and shortness of breath decrease.

1 year:

Your risk for coronary heart disease is cut in half.

5 – 15 years:

Compared with people who still smoke, you're half as likely to develop cancer in your mouth, throat, and esophagus. Your stroke risk falls to that of a non-smoker.

10 years:

Your risk of dying of lung cancer is about half that of a person who still smokes.

15 years:

You're less likely to develop heart disease, much like if you had never lit your first cigarette.



The Perks of Quitting Smoking: An Hour-by- Hour Guide

