

Health benefits of quitting smoking over time

Within minutes of smoking your last cigarette, your body begins to recover:

A few minutes
Your heart rate drops.

24 hours to a few days
Nicotine levels in your blood drop to zero. The carbon monoxide level in your blood drops to normal.

1 to 12 months
Coughing and shortness of breath decrease.

1 to 2 years
Your risk of heart attack drops dramatically.

5 to 10 years
Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.

10 years
Your risk of lung cancer is about half that of a person who is still smoking. Your risk of cancer of the bladder, esophagus, and kidney decreases.

15 years
Your risk of coronary heart disease is close to that of a nonsmoker.

20 years
Your risk of several cancers, including those of the mouth, throat, voice box (larynx), and pancreas, drops to close to that of someone who does not smoke. Your added risk of cervical cancer drops by about half.

Source: https://www.cancer.org/cancer/risk-prevention/tobacco/benefits-of-quitting-smoking-over-time.html

Learn more at **cancer.org/quittobacco**, or **call 1-800-227-2345** for free tips and tools.

American Cancer Society

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