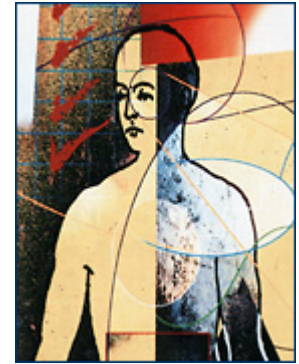




When Smokers Quit— The Health Benefits Over Time



20 minutes after quitting:

- Your blood pressure drops to a level close to that before the last cigarette.
- The temperature of your hands and feet increases to normal.

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

24 hours after quitting: Your chance of a heart attack decreases.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases up to 30%.

1 to 9 months after quitting:

- Coughing, sinus congestion, fatigue, 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 infection.

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

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

10 years after quitting:

- The lung cancer death rate is about half that of a continuing smoker's.
- The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.