ACCORDING TO THE AMERICAN CANCER SOCIETY-

when smokers quit, benefits begin almost immediately and will continue over time:



welio

HEALTH

Live life well.

YOUR LAST CIGARETTE

20 MINUTES AFTER QUITTING

Your heart rate and blood pressure will drop.

12 HOURS AFTER QUITTING

The carbon monoxide in your blood returns to normal.

2 WEEKS TO 3 MONTHS AFTER QUITTING

Your circulation improves and your lung function increases.

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

1 YEAR AFTER QUITTING

The excess risk of coronary heart disease is *half* that of a continuing smoker's risk.

5 YEARS AFTER QUITTING Risk of cancer of the mouth, throat, bladder, and esophagus are cut in half. Cervical cancer rates fall to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 YEARS AFTER QUITTING The risk of dying is about half that of a person who is still smoking. The risk of cancer to the larynx (voice box) and pancreas decreases.

15 YEARS AFTER QUITTING

The risk of coronary heart disease is now that of a non-smoker's.

And - the benefits will continue over time...

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