

Health Benefits of Quitting Smoking

20 minutes after quitting: Your heart rate drops.

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

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

1 to 9 months after quitting: Coughing and shortness of breath decreases; 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 quitting: The excess risk of coronary heart disease is half that of a smoker.

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 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, cervix and pancreas decreases.

Other Reasons to Avoid Smoking:

- Premature wrinkling of the skin
- Bad breath
- Stained teeth
- Gum disease
- Bad smelling clothes and hair
- Yellow fingernails
- Food tastes bland
- Sense of smell reduced
- Ordinary activities leave you out of breath

