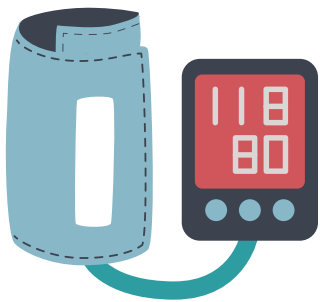


What Happens When You

QUIT SMOKING

1-800-QUIT-NOW



**20 MINUTES
AFTER
QUITTING:**
Your heart rate and
blood pressure
drop to normal levels.

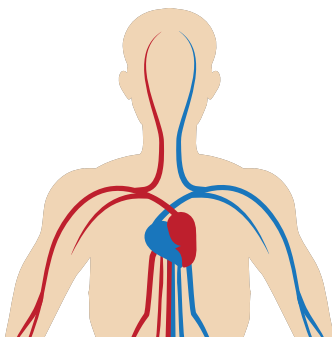


**1 YEAR AFTER
QUITTING:**
Your risk of coronary
heart disease is half
that of a smoker.

**12 HOURS AFTER
QUITTING:**
The carbon monoxide
level in your blood
begins to drop to normal.



**5-15 YEARS
AFTER QUITTING:**
Your risk of
stroke is that of
a nonsmoker.



**2 WEEKS
TO 3 MONTHS
AFTER QUITTING:**
Your circulation
and lung function
improve.



10 YEARS AFTER QUITTING:
Your risk of dying from
lung cancer is about half
of a smoker. Your risk of
throat cancer, bladder
cancer and kidney cancer
decrease.

**1-9 MONTHS
AFTER QUITTING:**
Coughing and
shortness of breath
decrease.



**15 YEARS
AFTER QUITTING:**
Your risk of
coronary heart disease
falls to that of a
nonsmoker's.

