



It's time to clear the air!

The American Cancer Society Freshstart program can help.

The benefits of quitting really add up.

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate and blood pressure drop.

12 Hours After Quitting

The amount of carbon monoxide 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

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your excess risk of heart disease is half of that of a smoker's. Your heart attack risk drops dramatically.

5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 2 to 5 years after quitting.

10 Years After Quitting

Your lung cancer death rate is half of that of a smoker's. Your risk of cancers of the larynx (voice box) and pancreas decreases.

15 Years After Quitting

Your risk of heart disease is like you never smoked.

Source: <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>.

cancer.org | 1.800.227.2345

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