



Health Benefits of Quitting Smoking

20 Minutes:

Heart rate drops to a normal level.

12 Hours:

Carbon monoxide level in your blood drops to a normal level.

2 Weeks to 3 Months:

Lung function begins to improve.

1 to 9 Months:

Coughing and shortness of breath begin to decrease.

1 Year:

Risk of coronary heart disease is half that of a smoker's.

5 to 15 Years:

Risk of having a stroke is reduced to that of a nonsmoker's.