

Health Benefits of Quitting Smoking Over Time

Within minutes of smoking your last cigarette, your body begins to recover:

20 minutes



Your heart rate and blood pressure drop.

A few days



The carbon monoxide level in your blood drops to normal.

2 weeks to
3 months



Your circulation improves, and your lung function increases.

1–12
months



Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

1–2 years



Your risk of heart attack drops dramatically.

5–10 years



Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.

10 years



Your risk of lung cancer is about half that of a person who is still smoking (after 10–15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.

15 years



Your risk of coronary heart disease is close to that of a nonsmoker.

Source: cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time

To get help and learn more, visit cancer.org/healthy/stay-away-from-tobacco or call **1-800-227-2345** for free tips and tools.