

# HOW DOES QUITTING SMOKING IMPROVE YOUR HEALTH?



## 15 years

- Risk of heart disease is that of a nonsmoker.
- Risk of death is nearly the same as a nonsmoker.



## 10 years

- Lung cancer risk is half that of a smoker.
- Risk of pancreatic cancer is roughly the same as a nonsmoker.



## 5 years

- Risk of stroke and cervical cancer is the same as that of a nonsmoker.
- Risks of cancer of the mouth, throat, esophagus, and bladder are cut in half.



## 1 year

- Risk of heart disease drops to half that of a smoker.



## 1 to 9 months

- Coughing and shortness of breath decrease.
- Cilia regrow in the lungs.



## 20 minutes

- Blood pressure and pulse drop to normal.
- Hands and feet start to warm up.



## 8 hours

- Carbon monoxide level in blood drops to normal.
- You feel more energized.



## 24 hours

- Chances of heart attack decreases.



## 48 hours

- Sense of smell and taste improve.
- Nerve endings start to regrow.



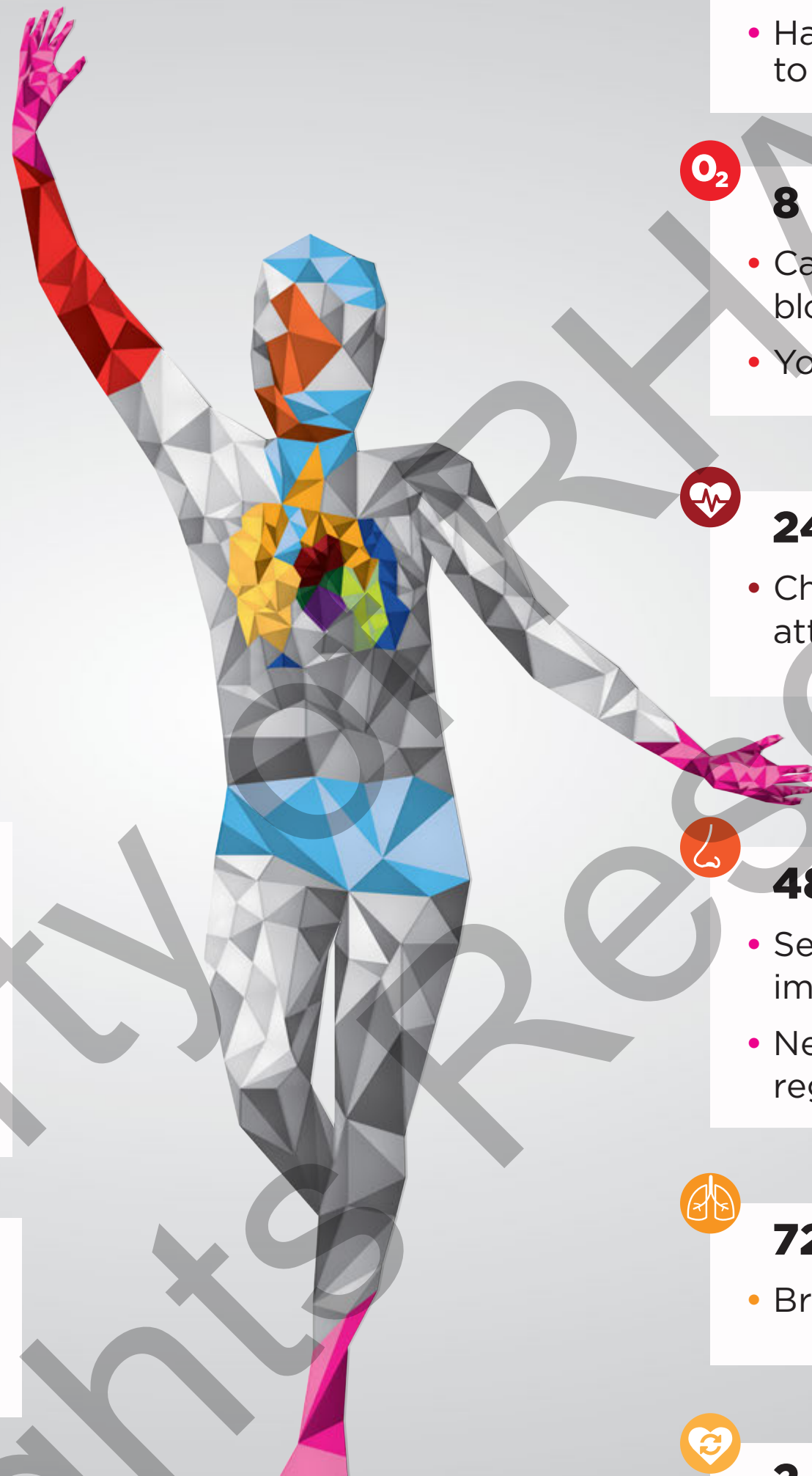
## 72 hours

- Bronchial tubes relax.



## 2 weeks to 3 months

- Circulation, lung function, and stamina improve.



**Start your smoke-free journey today!**

Talk to your doctor today about options to quit smoking.

### COURAGE TO QUIT®

In-person stop smoking program

[couragetoquit.org](http://couragetoquit.org)

### TOBACCO CESSATION QUITLINE

Telephone counseling service

**1-800-QUIT-NOW**  
(1-800-784-8669)

### CVS PHARMACY® and MINUTECLINIC®

Visit your local CVS Pharmacy  
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