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.

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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

**TOBACCO CESSATION QUITLINE**
Telephone counseling service
1-800-QUIT-NOW
(1-800-784-8669)

**CVS PHARMACY®**
and **MINUTECLINIC®**
Visit your local CVS Pharmacy or MinuteClinic

RESPIRATORY HEALTH ASSOCIATION®