



# TIME TO GIVE UP SMOKING?

## THE QUITTING TIMELINE

**20 MINUTES AFTER QUITTING**

**THE HEART RATE & BLOOD PRESSURE DROPS BACK TO NORMAL**

**12 HOURS AFTER QUITTING**

**THE LEVEL OF CARBON MONOXIDE IN THE BLOOD DROPS BACK TO NORMAL**

**2 WEEKS AFTER QUITTING**

**CIRCULATION AND LUNG FUNCTION IMPROVE**

**1-9 WEEKS AFTER QUITTING**

**SMOKERS "NORMS" (LIKE CONSTANT COUGH AND SHORTNESS OF BREATH) BECOME LESS PRONOUNCED. THE TINY HAIRS LINING THE LUNGS START TO WORK NORMALLY AGAIN AND CLEAN THE LUNGS TO REDUCE THE RISK OF INFECTION**

**1 YEAR AFTER QUITTING**

**THE RISK OF GETTING CORONARY HEART DISEASE IS HALF AS HIGH AS SMOKERS**

**5 YEARS AFTER QUITTING**

**THE RISK OF CONTRACTING MOUTH, THROAT, ESOPHAGUS AND BLADDER CANCERS IS HALF WHAT IT IS FOR SMOKERS. THE RISK OF CERVICAL CANCER AND STROKES ARE ALSO REDUCED**

**10 YEARS AFTER QUITTING**

**THE RISK OF DYING FROM LUNG CANCER IS HALF THAT OF SMOKERS. RISK OF GETTING PANCREATIC AND LARYNX CANCER ARE MUCH REDUCED**

**15 YEARS AFTER QUITTING**

**THE RISK OF HEART DISEASE IS EQUIVALENT TO THAT OF A NON-SMOKER**

