

WHAT HAPPENS WHEN YOU QUIT SMOKING

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

20
MINUTES

Your heart rate and blood pressure drop.

24
HOURS

Chance of heart attack decreases.

2 - 3
WEEKS MONTHS

Your circulation improves and your lung function increases.

1-9
MONTHS

Coughing, shortness of breath and sinus congestion decrease.

1
YEAR

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

5
YEARS

Risk of cancer of the mouth, throat, esophagus and bladder are cut in half.

10
YEARS

Lung cancer risk is half that of a smoker.

15
YEARS

Risk of heart disease is that of a nonsmoker.



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