



QUIT LIKE A CHAMPION™

How does your body recover after smoking ...

20 minutes



Your heart rate and blood pressure drop.

12 hours



The carbon monoxide level in your blood drops to normal.

**2 weeks to
3 months**



Your circulation improves, and your lung function increases.

1–9 months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5 years



The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years



The risk of coronary heart disease is that of a non-smoker's.

Source: cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits

**To learn more about getting on track to beat cigarettes,
visit cancer.org/smokeout or call us at 1-800-227-2345.**

