Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years:

20 Minutes After Quitting
Your heart rate and blood pressure drop.

12 Hours After Quitting
Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting
Your circulation and lung function increases.

1 to 9 Months After Quitting
Your added risk of coronary heart disease is half that of a smoker’s.

5 Years After Quitting
Your stroke risk can fall to that of a non-smoker 2 to 5 years after quitting.

5 Years After Quitting
Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half.

10 Years After Quitting
Your risk of cancer of the larynx (voice box) and pancreas decreases.

15 Years After Quitting
Your risk of coronary heart disease is back to that of a non-smoker’s.

Source: ACS, 2018

www.sentara.com/tobaccocessation