What Happens When You Quit Smoking?

- **20 Minutes**: Carbon monoxide levels return to normal
- **12 Hours**: Lung function begins to improve
- **48 Hours**: Risk of dying from lung cancer is about half of a smoker's risk
- **2 Weeks**: Risk of coronary heart disease is half of a smoker's risk
- **1 Month**: Risk of stroke decreases to that of a non-smoker
- **1 Year**: Heart rate and blood pressure drop to more normal levels
- **5 Years**: Coughing and shortness of breath decrease
- **10 Years**: Nerve endings begin to regenerate – You can smell and taste better

Quitting smoking can improve your health and affect different parts of the body over time.

Get help to quit. **1-800-QUIT NOW**
(1-800-784-8669)
https://60plus.smokefree.gov/quit/health

By quitting smoking, you can reduce your risk of diabetes, lower your cholesterol, improve your muscle strength, and add years to your life.

10 years after quitting, your risk of all smoking-related cancers decreases by up to 50%.