EVERYONE KNOWS YOUR HEALTH IMPROVES WHEN YOU QUIT SMOKING OR CHEWING. BUT YOU MIGHT BE SURPRISED AT HOW FAST IT HAPPENS.

20 MINUTES AFTER QUITTING:
Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

12 HOURS AFTER QUITTING:
The carbon monoxide level in your blood begins to drop to normal.

2 WEEKS TO 3 MONTHS AFTER QUITTING:
Your circulation and lung function improve.

1 TO 9 MONTHS AFTER QUITTING:
Coughing, sinus congestion, fatigue and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to clean the lungs and reduce infection.

1 YEAR AFTER QUITTING:
The excess risk of coronary heart disease is half that of a tobacco user.

5-15 YEARS AFTER QUITTING:
Your stroke risk is reduced to that of a nonsmoker.

10 YEARS AFTER QUITTING:
The lung cancer death rate is about half that of a continuing tobacco user. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

15 YEARS AFTER QUITTING:
The risk of coronary heart disease falls to that of a nonsmoker's.

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