

GET ON THE PATH TO A HEALTHIER YOU! IF YOU QUIT SMOKING RIGHT NOW:

After 15 years
Your risk of coronary heart disease is the same as a non-smoker's

After 10 years
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

After 5 years
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

After 1 year
Your risk of coronary heart disease is cut in half

Within 9 months
You will cough less and breathe easier

Within 3 months
Your circulation and lung function improves

Within 12 hours
The carbon monoxide level in your blood drops to normal

Within 20 minutes
Your heart rate and blood pressure drop

1 Effect of smoking on arterial stiffness and pulse pressure amplification. Mahmud A, Feely J. Hypertension. 2003;41:183

2 US Surgeon General's Report, 1988, p. 202

3 US Surgeon General's Report, 1990, pp.193, 194,195, 255, 323

4 US Surgeon General's Report, 1990, pp. 285-287, 304

5 US Surgeon General's Report, 2010, p. 359

6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p.341

7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165

8 Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p. 11



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