Health Benefits of Quitting Smoking

20 Minutes:
Heart rate drops to a normal level.

12 Hours:
Carbon monoxide level in your blood drops to a normal level.

2 Weeks to 3 Months:
Lung function begins to improve.

1 to 9 Months:
Coughing and shortness of breath begin to decrease.

1 Year:
Risk of coronary heart disease is half that of a smoker’s.

5 to 15 Years:
Risk of having a stroke is reduced to that of a nonsmoker’s.