



## 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.