

QUIT SMOKING TIMELINE

15 years

What happens when a smoker quits

20 minutes after quitting

The heart rate and blood pressure drop back to normal levels.

1-2 weeks after quitting

Circulation and lung function improve.

1 year after quitting

The risk of getting coronary heart disease is half as high as a smoker's.

10 years after quitting

The risk of dying from lung cancer is half that of a smoker's. Risk of getting pancreatic and larynx cancer also decreases.

12 hours after quitting

The level of carbon monoxide in the blood drops to normal.

1-9 weeks after quitting

Smoker "norms" (like a constant cough and shorthess of breath) become less pronounced. The tiny hairs lining the lungs (aka 'cilia') work normally again and clean the lungs to reduce risk of infection.

5 years after quitting

The risk of contracting mouth, throat, esophagus, and bladder cancers is half of what it is for smokers. Risk of cervical cancer and stroke fall, too.

15 years after quitting

The risk of heart disease is equivalent to non-smokers' risk.

