

# It's time to *clear* the air!

## Within 20 minutes of quitting...

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

**20 Minutes** After Quitting  
Your heart rate drops.

**12 Hours** After Quitting  
The amount of carbon monoxide in your blood drops to normal.

**2 Weeks to 3 Months** After Quitting  
Your heart attack risk begins to drop.  
Your lungs begin to work better.

**1 to 9 Months** After Quitting  
Your coughing and shortness of breath decrease.

**1 Year** After Quitting  
Your excess risk of heart disease is half that of a smoker's.

**5 Years** After Quitting  
Your stroke risk is reduced to that of nonsmoker's  
5-15 years after quitting.

**10 Years** After Quitting  
Your lung cancer death rate is half of that of a smoker's.  
Your risk of cancers of the mouth, throat, esophagus,  
bladder, kidney, and pancreas decreases.

**15 Years** After Quitting  
Your risk of heart disease is like you never smoked.



**Great American  
Smokeout**

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