

The benefits of quitting smoking

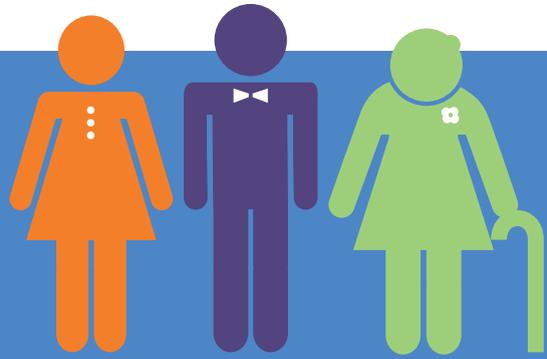


#endcancer

20 minutes	Your heart rate and blood pressure drop.
12 hours	The carbon monoxide level in your blood drops to normal.
2 weeks to 3 months	Your circulation and lung function improve, so you can exercise and breathe more easily.
1 to 9 months	You regain your sense of taste and smell, and cough less.
1 year	Your heart disease risk is lowered by 50%.
5 years	Your risks of mouth, throat, esophagus, and bladder cancers are 50% less. Your risks of cervical cancer and stroke are the same as a non-smoker's.
10 years	You're 50% less likely to die from lung cancer. Your risks of larynx, kidney and pancreatic cancers decrease.
15 years	Your heart disease risk is that of a non-smoker.



Quit smoking at any age to live longer:



Age 30

You're **90%** less likely to die young from smoking-related diseases.

Age 50

You're **50%** less likely to die young from smoking-related diseases.

Age 60

You'll **live longer.**

It's never too late to benefit from quitting.

Sources

1. American Cancer Society
2. National Cancer Institute
3. Centers for Disease Control and Prevention