GET ON THE PATH TO A HEALTHIER YOU!
IF YOU QUIT SMOKING RIGHT NOW:

**After 15 years**
Your risk of coronary heart disease is the same as a non-smoker’s.

**After 10 years**
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases.

**After 5 years**
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half.

Within 9 months
You will cough less and breathe easier.

Within 12 hours
The carbon monoxide level in your blood drops to normal.

After 1 year
Your risk of coronary heart disease is cut in half.

Within 3 months
Your circulation and lung function improves.

Within 20 minutes
Your heart rate and blood pressure drop.

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1. Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A, Fealy J. Hypertension. 2003;41:183