

# 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

**After 1 year**

Your risk of coronary heart disease is cut in half

**Within 9 months**

You will cough less and breathe easier

**Within 3 months**

Your circulation and lung function improves

**Within 12 hours**

The carbon monoxide level in your blood drops to normal

**Within 20 minutes**

Your heart rate and blood pressure drop

- 1 Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A, Feely J. Hypertension. 2003;41:183
- 2 US Surgeon General's Report, 1988, p. 202
- 3 US Surgeon General's Report, 1990, pp.193, 194,196, 285, 323
- 4 US Surgeon General's Report, 1990, pp. 285-287, 304
- 5 US Surgeon General's Report, 2010, p. 359
- 6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010, and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p.341
- 7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165
- 8 Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p. 11



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