The benefits of quitting smoking

#endcancer

After

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