Health Benefits of Quitting Smoking

The desire to improve your health is a great reason to quit smoking. In as little as 20 minutes after your last cigarette, your body may become healthier. Check out the health benefits you can experience throughout your first smokefree year!

20 minutes after quitting
Your heart rate may drop

12 hours after quitting
The carbon monoxide level in your blood may drop to normal

48 hours after quitting
Your sense of smell and taste begin to return to normal

2 weeks - 3 months after quitting
Your heart attack risk begins to drop and lung function begins to improve

1 - 9 months after quitting
Your coughing and shortness of breath decrease

There are even more health benefits you can experience!

1 year
Your added risk of coronary heart disease is half that of a smoker’s

2 - 5 years
Your stroke risk is that of a non-smoker’s and your risk of cancers of the mouth, throat, esophagus, and bladder is halved within 5 years

10 years
Your lung cancer death rate is half that of a smoker’s and your risk of cancers of the kidney and pancreas decreases

15 years
Risk of coronary heart disease is that of a non-smoker