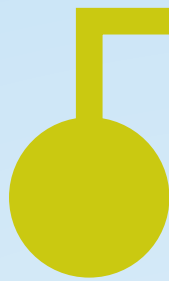
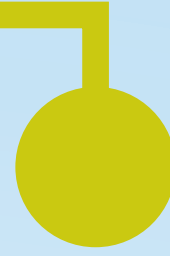


# BENEFITS OF QUITTING



**20 MINUTES**

after you quit smoking, your blood pressure decreases.



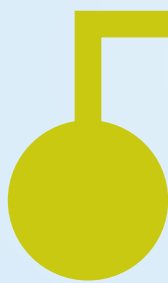
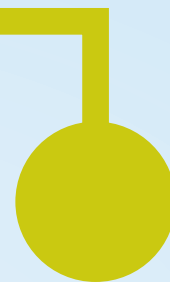
**8 HOURS**

after you quit smoking, your blood oxygen levels return to normal.



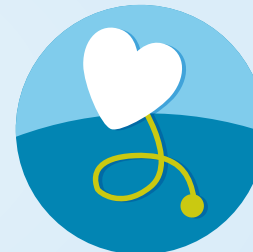
**3 MONTHS**

after you quit smoking, your lung function improves up to 30%.



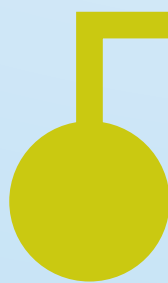
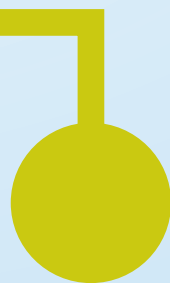
**1 YEAR**

after you quit smoking, your risk of heart attack is cut in half.



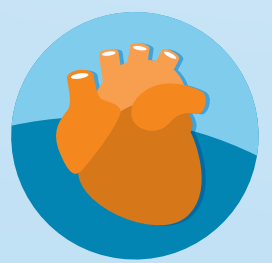
**5 YEARS**

after you quit smoking, your risk of mouth, throat, esophagus, and bladder cancer is cut in half.



**10 YEARS**

after you quit smoking, your risk of dying from lung cancer is about half that of a smoker's.



**15 YEARS**

after you quit smoking, your risk of coronary heart disease is that of a non-smoker's.