

# Timeline of benefits after quitting

## 20 minutes

Individual regains normal blood pressure and heart rate

## 8 hours

Carbon monoxide and oxygen in the bloodstream return to normal levels

## 3 days

Breathing and energy levels improve

## 3 months

Individual experiences a significant improvement of lung function



## 1 year

Risk of heart attack is reduced by 50%

## 5 years

Risk of stroke becomes the same as that of a non-smoker

## 10 years

Risk of lung cancer death is reduced to between 30% and 50%, and the risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decreases