Some quick quitting results for those of us belonging to the Instant Gratification Generation.

- 20 minutes after quitting, your heart rate and blood pressure drops.
- 12 hours after quitting, the carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting, your circulation improves and your lung function increases.
- 1-9 months after quitting, coughing & shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 10 years after quitting, your lung cancer death rate is half that of a smoker’s.
- 15 years after quitting, your risk of heart disease is like you never smoked.

www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_...