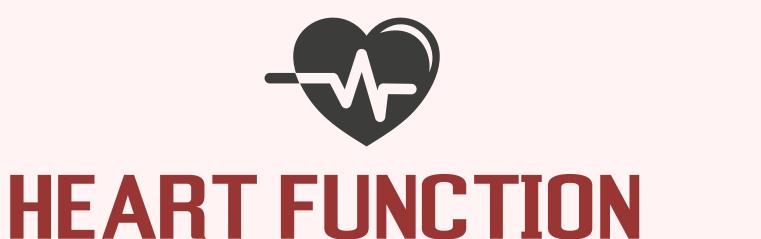
Quit for you and everyone who cares for you.

How does your body recover after quitting . . .

20 minutes







The excess risk of coronary heart disease

is half that of someone who continues to

smoke. Your heart attack risk drops

dramatically. **5 years 1 year 1 year 1 year 1 year**

Increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.



CANCER DIAGNOSIS

The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a nonsmoker. Stroke risk can fall to that of a nonsmoker after 2-5 years.

smoking. The risk of cancer of the larynx

(voice box) and pancreas decreases.

15 years HEART DISEASE The risk of coronary heart disease is that of a non-smoker's.

Source:

cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time

American Cancer Society®