Quit for you and everyone who cares for you.

How does your body recover after quitting . . .

**Heart Function**
Your heart rate and blood pressure drop.

**Circulation & Lungs**
Your circulation improves, and your lung function increases.

**Breathing**
Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

**Carbon Monoxide Level**
The carbon monoxide level in your blood drops to normal.

**Heart Disease**
The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.

**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 non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

**Cancer Survival**
The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

**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