

Can Quitting Really Help A Lifelong Smoker?

Yes! It's never too late to quit. The sooner smokers quit, the more they can reduce their chances of getting cancer and other diseases. Within 20 minutes of smoking the last cigarette, your body begins to restore itself.

20 minutes after quitting

- Your heart rate slows down.

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 to 9 months after quitting

- Coughing and shortness of breath decrease.

1 year after quitting

- The excess risk of heart disease is half that of someone who's still smoking.

5 years after quitting

- 5–15 years after quitting, your stroke risk is reduced to that of a nonsmoker.
- Your risk of getting cancer of the mouth, throat, and esophagus is cut in half.

10 years after quitting

- The lung cancer death rate is about half that of people who still smoke.
- Your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.

15 years after quitting

- The risk of heart disease is that of a nonsmoker.

The extent to which your risks decrease depends on how much you smoked, the age you started smoking, and how deeply you inhaled.