

Get ready to quit smoking

What happens to your body when you quit

If you quit smoking today, you'll experience health benefits within minutes of quitting. And if you stay smoke-free, you'll feel younger and add years to your life.

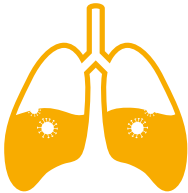



 **20 minutes**
Blood pressure goes down

2 weeks to 3 months

It becomes easier to breathe

 **1 year**
Risk of heart disease cut in half


10 years

Risk of dying from lung cancer drops to about half

 **15 years**
Risk of heart disease is the same as a nonsmoker's

 **12 hours**
Levels of poisonous carbon monoxide in blood drop to normal

1 to 9 months

Less coughing and shortness of breath

5 years

Stroke risk may fall to that of a nonsmoker after two to five years
Risk of cancer of the mouth, throat, esophagus and bladder are cut in half

You can do it!

Whether it's your first, second or seventh attempt to quit, the first step is deciding to quit. Contact your doctor or health plan to learn more about medication and support available to help you quit smoking.