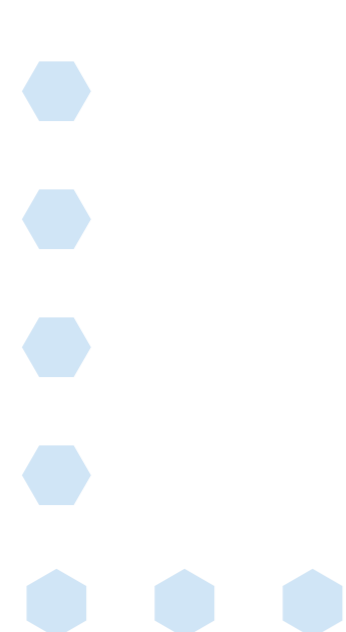


# Your body starts to recover faster than you think after you quit tobacco



## 20 MINUTES

heart rate and blood pressure go down



## 12 HOURS

CO  
Carbon Monoxide

carbon monoxide level in the blood drops to normal



## 2 WEEKS - 3 MONTHS

lung function increases and circulation improves



## 1-9 MONTHS

coughing and shortness of breath decrease; lungs start to regain normal function



## 1 YEAR

risk of heart disease is

**1/2**

of that of someone who still smokes



## 9 YEARS

risk of common smoking-related cancers drops by half