

 **10 YEARS**

 After quitting

**The risk of dying from lung cancer drops 50%**

 **1 YEAR**

 After quitting

**The risk of heart disease is reduced to 50%**

 **2 WEEKS**

 After quitting

**Circulation and lung function improve**

 **20 MINUTES**

 After quitting

**The heart rate and blood pressure drop**

**back to normal**

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 **15 YEARS**

 After quitting

**The risk of heart disease is equivalent to a non-smoker**

 **5 YEARS**

 After quitting

**The risk of throat, oesophagus and bladder cancer drops 50%. Risk of cervical cancer and stroke drop**

 **1-9 WEEKS**

 After quitting

**Coughs and breathing problems begin to dissapear**

 **12 HOURS**

 After quitting

**The level of carbon monoxide in the blood drops to normal**