

# QUIT SMOKING BEGIN HEALING

tobacco *free*  
LANCASTER COUNTY

...within 20 minutes of your last cigarette you begin a series of changes that can last a lifetime.



Heart rate drops.



**12**  
HRS

Carbon monoxide levels in the blood drop to normal.



**2-12**  
WEEKS

Heart attack risk begins to drop.

Lung function starts to improve.



**1-9**  
MOS

Coughing and shortness of breath decrease. Activity is easier.



**1-5**  
YRS

Lower risk of heart disease and stroke.



**10**  
YRS

Lung cancer death rate is half that of a smoker.



**15**  
YRS

Risk of coronary heart disease is that of a nonsmoker.

Risk of cancers of the mouth, throat, kidney, and pancreas decrease.