

Did you Know That Quitting Smoking Improves Health Immediately?

Health Benefits:

Here are some facts about how your body recovers after quitting**



20 MINUTES

Your heart rate drops.



12 HOURS

The carbon monoxide level in your blood drops to normal.



2 WEEKS

Your heart attack risk begins to drop. Your lung function begins to improve.



1-9 MONTHS

Your coughing and shortness of breath decrease.



ONE YEAR

Your added risk of coronary heart disease is half that of a smoker's.



FIVE YEARS

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.



TEN YEARS

Your risk of dying from lung cancer is about half that of a smoker's.



15 YEARS

Your risk of coronary heart disease is the same as that of a nonsmoker.

** American Lung Association

Learn about cessation resources by visiting csusm.edu/smokefree/resourcestoquit.html

LEARN ABOUT CESSATION RESOURCES BY VISITING
[CSUSM.EDU/SMOKEFREE/RESOURCESTOQUIT.HTML](https://csusm.edu/smokefree/resourcestoquit.html)

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