What Happens When You Quit Smoking?

By quitting smoking, you can reduce your risk of diabetes, lower your cholesterol, improve your muscle strength, and add years to your life.

10 years after quitting, your risk of all smoking-related cancers decreases by up to 50 percent.

Carbon monoxide levels return to normal
Nerve endings begin to regenerate – You can smell and taste better
Lung function begins to improve
Coughing and shortness of breath decrease
Risk of stroke decreases to that of a non-smoker
Risk of dying from lung cancer is about half of a smoker’s
Risk of coronary heart disease is half of a smoker’s

Heart rate and blood pressure drop to more normal levels

Quitting smoking can improve your health and affect different parts of the body over time.

20 Minutes 12 Hours 48 Hours 2 Weeks 1 Month 1 Year 5 Years 10 Years

smokefree60+