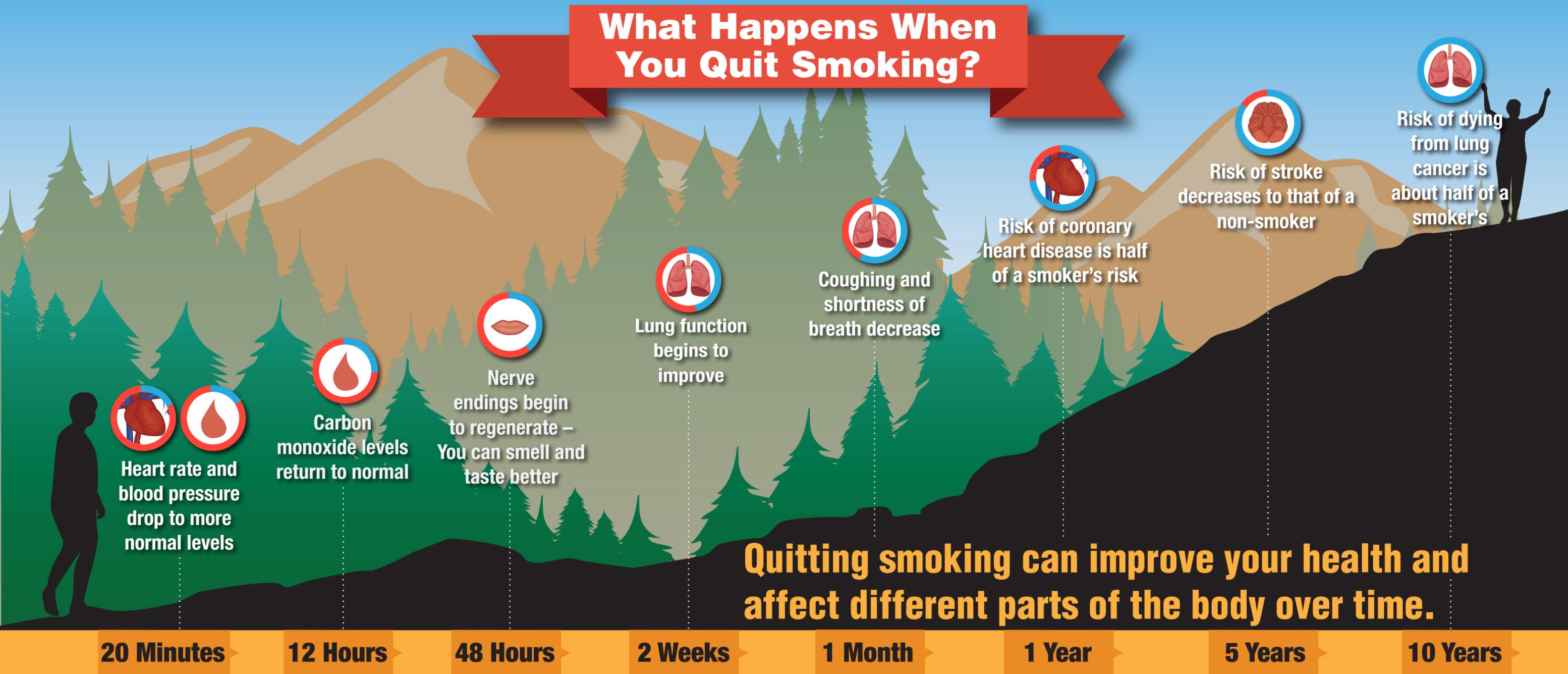


What Happens When You Quit Smoking?



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

smokefree60+

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.