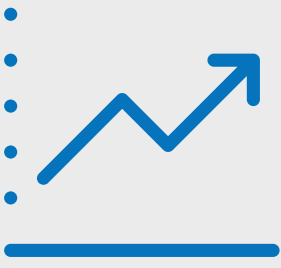


# YOUR BODY BEGINS TO HEAL AFTER YOU QUIT SMOKING



## IN 2 WEEKS - 3 MONTHS

your risk of heart attack begins to drop and lung function begins to improve.



## IN 1 MONTH - 9 MONTHS

your coughing and shortness of breath decrease.



## IN 1 YEAR

your heart attack risk drops sharply.



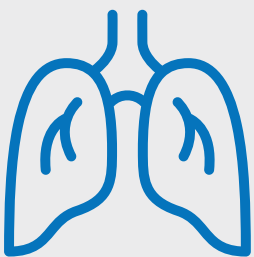
## IN 2 YEARS - 5 YEARS

your stroke risk is reduced to that of a nonsmoker's.



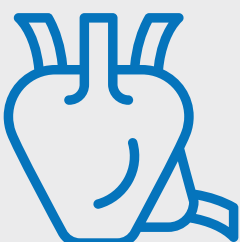
## IN 5 YEARS

your risk of mouth, throat, esophagus, and bladder cancer is cut in half.



## IN 10 YEARS

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



## IN 15 YEARS

your risk of coronary heart disease is that of a nonsmoker's.