

# 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.



Learn more at  
[TobaccoFreeFlorida.com](https://TobaccoFreeFlorida.com).

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