The Stages of Quitting Smoking

Do you know what happens to your body after you quit smoking? This is what you can expect:

- **20 minutes after quitting:** Risk of coronary heart disease is reduced to that of a nonsmoker.
- **12 hours after quitting:** Lung cancer death rate is about 1/2 that of a smoker.
- **24 hours after quitting:** Risk of stroke is reduced to that of a nonsmoker.
- **48 hours after quitting:** Sense of taste and smell start to improve.
- **2 weeks / 3 months after quitting:** Breathing becomes easier but flu-like symptoms may appear.
- **1 year after quitting:** Risk of coronary heart disease is 1/2 that of a smoker.
- **5 years after quitting:** Risk of stroke is reduced to that of a nonsmoker.
- **10 years after quitting:** Lung cancer death rate is about 1/2 that of a smoker.
- **15 years after quitting:** Risk of coronary heart disease is reduced to that of a nonsmoker.
- **20 years after quitting:** Heart rate drops.
- **5 years after quitting:** Carbon monoxide level in blood drops to normal.
- **24 hours after quitting:** Risk of pancreatic cancer is reduced to that of a nonsmoker.
- **72 hours after quitting:** Breathing becomes easier but flu-like symptoms may appear.
- **1 year after quitting:** Risk of stroke is reduced to that of a nonsmoker.
- **9 months after quitting:** Heart attack risk drops and lung function improves.
- **12 hours after quitting:** Carbon monoxide level in blood drops to normal.
- **23 weeks and months between quitting:** Anxiety is at its peak level.

"On average, smokers die 10 years earlier than nonsmokers." - CDC