

# The Benefits of Quitting

**20 MINUTES**

**after quitting**

Your blood pressure drops to a level similar to that of before your last cigarette.

**24 HOURS**

Your risk of having a heart attack starts to drop.

**1 to 9 MONTHS**

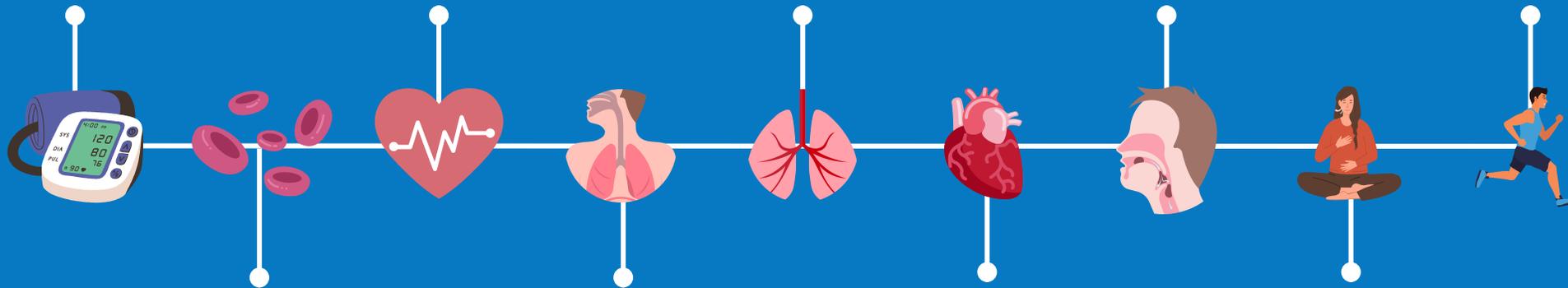
You cough less and your lungs are even stronger.

**5 YEARS**

Your risk of getting mouth, throat, esophagus, and bladder cancer is halved.

**15 YEARS**

Your risk of heart disease is similar to someone who does not smoke.



**8 HOURS**

The carbon monoxide (a toxic gas) in your blood drops to normal.

**2 WEEKS to  
3 MONTHS**

Your lung airways relax and you can breathe easier.

**1 YEAR**

Your heart disease risk is half that of someone who smokes.

**10 YEARS**

Your risk of getting lung cancer is about half.

People who used to smoke say that after they quit they feel more in control, more relaxed, have more energy and have more money to spend on things that matter to them.

**smokers' helpline**



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