

## 20 minutes after quitting

Your blood pressure and pulse rate return to normal.



## After 24 hours

Your lungs start to clear out the mucus. Coughing is actually a good sign.



## After 1 year

Your risk of having a heart attack is cut in half.



## 10 to 15 years after quitting

Your risk of coronary heart disease is the same as someone who never smoked.



## After 8 hours

You can breathe easier. Your oxygen levels are back to normal and your chance of having a heart attack goes down.



## After 48 hours

You are nicotine-free. Your sense of taste and smell begins to return.



## After 10 years

Your risk of dying from lung cancer is cut in half.



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