

Quit Tobacco

Your lungs, along with the rest of your body, will thank you when you stop using tobacco - today, tomorrow, and years from now.

12 Hours After Quitting

Blood carbon monoxide levels drop to normal.

1 to 9 Months

After Quitting

Coughing and shortness of breath decreases.

2 Weeks to 3 Months

After Quitting

Circulation and lung function improves.

1 Year After Quitting

Risk of coronary heart disease is half that of a person who still smokes.

10 Years After Quitting

Risk of lung cancer is half that of a person who still smokes.

Remember, it's never too late to quit!