

# 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

### 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!