It’s Never Too Late To Stop Tobacco Use

What happens to your body when you quit smoking

- **20 MINUTES**: Within 20 minutes, heart rate and blood pressure start to decrease and return back to normal.
- **8 HOURS**: After 8 hours, carbon monoxide levels start to drop.
- **24 HOURS**: After 24 hours, ability to smell and taste improves.
- **72 HOURS**: After 72 hours, breathing becomes easier.
- **2 WEEKS**: After 2 weeks to 3 months, circulation improves.
- **1 YEAR**: After 1 year, risk of heart disease is cut in half.
- **15 YEARS**: At 15 years, risk of coronary heart disease is similar to that of individuals who have never smoked.