

QUIT SMOKING BEGIN HEALING

tobacco *free*
LANCASTER COUNTY

...within 20 minutes of your last cigarette you begin a series of changes that can last a lifetime.



20
MIN

Heart rate drops.



12
HRS

Carbon monoxide levels in the blood drop to normal.



2-12
WEEKS

Heart attack risk begins to drop.

Lung function starts to improve.



1-9
MOS

Coughing and shortness of breath decrease. Activity is easier.



1-5
YRS

Lower risk of heart disease and stroke.



10
YRS

Lung cancer death rate is half that of a smoker.



15
YRS

Risk of coronary heart disease is that of a nonsmoker.

Risk of cancers of the mouth, throat, kidney, and pancreas decrease.