Sentara®
Health Plans

MyLife MyPlan
—

20 minutes after quitting

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continues for years

20 minutes after quitting

- Your heart rate drops to a normal level

12 to 24 hours after quitting

- The carbon monoxide level in your blood drops to normal
- The risk of heart attack is significantly reduced

2 to 3 months after quitting

- Your risk of having a heart attack begins to drop
- Your lung function begins to improve

1 to 9 months after quitting

- Your coughing and shortness of breath decrease

1 year after quitting

- Your added risk of coronary heart disease is half that of a smoker's

5 to 15 years after quitting

- Your risk of having a stroke is reduced to that of a nonsmoker's
- Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's

10 years after quitting

- Your risk of dying from lung cancer is about half that of a smoker's
- Your risk of getting bladder cancer is half that of a smoker's
- Your risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases

15 years after quitting

- Your risk of coronary heart disease is the same as that of a nonsmoker

Source: American Lung Association, 2025

For more information, visit
sentarahealthplans.com/quitsmoking