

# Quit Smoking and ...

## 20 Minutes Later:

Your pulse rate and blood pressure drop to levels they were before you started smoking.

## 10 Minutes Later:

The levels of oxygen and carbon dioxide in your blood return to normal.

## 3 Days Later:

Your lung capacity begins to increase.

## 4 Years Later:

You will reduce your risk of heart attack to that of a nonsmoker.

## 10 Years Later:

You will reduce your chances of dying of lung cancer to that of a nonsmoker.

