



# Quit smoking

## What happens when you quit smoking?

### After...

**20 minutes:** Your blood pressure drops to normal.

**24 hours:** Your chance of heart attack decreases.

**2 weeks – 3 months:** Your lung function increases by up to 30%.

**1 year:** Your chance of having a heart attack is cut in half.

**5 years:** Your risk of having a stroke decreases.

**10 years:** Your risk of having cancer is cut in half.

**15 years:** Your risk of heart disease is the same as a nonsmoker.

Join BCN's free smoking cessation program, Quit the Nic.

Call **800-811-1764**.

Source: Cancer.org



**Blue Care  
Network  
of Michigan**

[MiBCN.com](http://MiBCN.com)