

MSK Direct

Health Benefits of Quitting Smoking

20 minutes

AFTER QUITTING

your blood pressure decreases to your normal level.

The temperature of your hands and feet increases to normal.

1 year



AFTER QUITTING

the risk of coronary heart disease is one-half that of a smoker's.

24 hours

AFTER QUITTING

your chance of a heart attack decreases.

8 hours

AFTER QUITTING

the carbon monoxide level in your blood drops to normal.



10 years

AFTER QUITTING

the death rate from lung cancer is 50% lower than that of a person who continues to smoke.

The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.



CONNECT WITH US.

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options — at MSK or close to home. Call the MSK Direct dedicated phone number: **646-449-1515**, or visit mskcc.org/mskdirectforyou to learn more.



Memorial Sloan Kettering
Cancer Center