

# Ready to quit smoking?



## Know Your Numbers

Quit now, and **in 1 year** your excess risk of heart disease is half that of an active smoker's.

Stop smoking and your body will start healing right away. **Within an hour**, your heart rate and blood pressure drops. **Within a day**, your carbon monoxide in your blood returns to normal. Then **15 years from now**, your risk of heart disease will be as if you never smoked.

*Source: American Cancer Society*



**TPM**  
**TRUST**



know your numbers