

Can Quitting Smoking Improve My Heart Health?

If you smoke cigarettes, the **sooner you can quit, the better.**



Quitting smoking benefits your heart and cardiovascular system now and in the future:



Twenty minutes after you quit smoking, your heart rate drops.



12 hours after quitting smoking, the carbon monoxide level in your blood drops to normal.



Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.

If you smoke cigarettes and are concerned about your heart and cardiovascular health, consult with your health care provider about ways to quit to help protect your heart. You can also find resources to help you on your journey to living a smoke-free life at [Smokefree.gov](https://www.smokefree.gov).