

# Smoking and Heart Disease

Quitting smoking or vaping is one of the best ways to improve your heart health.

After you quit...

Within 20 minutes, your blood pressure and heart rate will go down.

Within a few weeks, blood flow in your body will improve. Your lungs will start to work better.

Within 1 to 2 years, your risk for a heart attack will plunge.

And in 15 years, your risk of heart disease will be close to someone who has never smoked.

It is never too late to quit. Reach out to your healthcare provider for help.