

Clear the Air

May 31 is World No Tobacco Day

Go smoke-free for a healthier you and make it the first of many tobacco-free days. A smoke-free day gives your body—especially your heart and lungs—a break from the adverse effects of a long list of toxins. So, celebrate [World No Tobacco Day](#) by giving yourself a breath of fresh air.



Immediate Benefits of Quitting:

- Your blood pressure lowers about **20 minutes after you quit.**
- **Within a few hours** your heart rate starts to return to normal.
- **After 12 hours** the carbon monoxide levels in your blood start to drop back toward normal ranges.

And If You Keep It Up:

- **After about two weeks** your lungs are functioning better and you have better circulation.
- Chronic cough and shortness of breath decrease **within a few weeks.**
- Even your risk of heart disease starts to drop **within two weeks** to three months after quitting.