

Add_years_to_your_heart

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Summary:

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CDC - Fact Sheet - Health Effects of Cigarette Smoking ... Just 1 year after quitting smoking, your risk for a heart attack drops sharply. 2 Within 2 to 5 years after quitting smoking, your risk for stroke may reduce to about that of a nonsmokerâ€™s. 2 If you quit smoking, your risks for cancers of the mouth, throat, esophagus, and bladder drop by half within 5 years. 2.