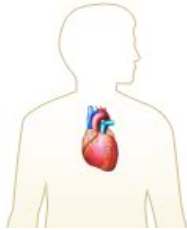


Health benefits of quitting smoking



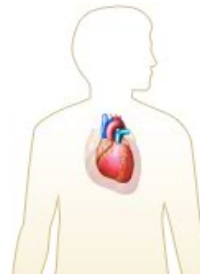
CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333



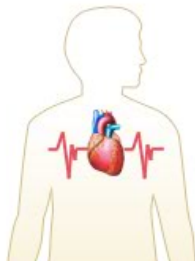
Within 20 minutes
Blood pressure drops and pulse returns to normal. Temperature of hands and feet stabilizes.



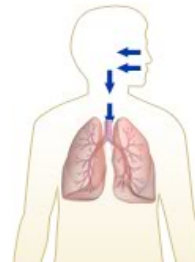
After 8 hours
Carbon Monoxide level in blood drops.



1 year
Risk of heart disease is cut in half. Risk of a smoking-related heart attack is cut in half.



After 24 hours
Your chance of having a heart attack decreases.



1 to 9 months
Coughing, sinus congestion, fatigue, and shortness of breath may decrease. Your cilia (microscopic hairs that line the lungs) may begin to re-grow.



After 48 hours
Lung capacity increases and breathing can become easier.



10 years
Risk of dying from lung cancer is cut in half.



2 weeks to 3 months
Your circulation improves. Walking becomes easier. Lung function may increase by up to 20%.



15 years
Risk of dying from a heart attack is the same as someone who has never smoked.