

BENEFITS OF QUITTING

Within 20 minutes after you smoke your last cigarette, your body begins a series of positive health changes that continue for years. Even if you have smoked for a long time, you can still improve and protect your health by quitting.

- Within **20 minutes** of quitting your heart rate drops towards a normal level.
- Within **8 hours** carbon monoxide level drops in your body and the oxygen level in your blood increases to normal.
- Within **48 hours** your sense of smell and taste improves and your chances of having a heart attack start to go down.
- Within **72 hours** your lung capacity increases and bronchial tubes relax, making breathing easier.
- Within **2 weeks** the nicotine is removed from your body.
- Within **3 months** circulation improves and lung functioning increases up to 30%.
- Within **6 months** coughing, sinus congestion, tiredness and shortness of breath improve.
- Within **1 year** your added risk of coronary heart disease is half that of a smoker's and your risk for cavities is lower.
- Within **10 years** risk of dying from lung cancer is cut in half.
- Within **15 years** risk of dying from a heart attack is equal to a person who never smoked!
- www.hc-sc.gc.ca
- www.skpharmacists.ca

Adapted from: Centers for Disease Control, Tobacco Information and Prevention Source. Accessed at www.cdc.gov/tobacco/sgr/sgr_2004/posters/20mins.htm.

TAB 2 BRONZE LEVEL 070806

2F

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2F