

## 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 your health by quitting.

- Within **20 minutes** of quitting, your heart rate drops toward a normal level.
- Within **8 hours** carbon monoxide levels drop 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 chance of having a heart attack starts 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 function increases by up to 30%.
- Within **6 months** coughing, sinus congestion, tiredness and shortness of breath improves.
- Within **1 year** your added risk of coronary heart disease is half that of a smoker's.
- Within **10 years** your risk of dying from lung cancer is cut in half.
- Within **15 years** your risk of dying from a heart attack is equal to a person who has never smoked!
- **[www.hc.sc.gc.ca](http://www.hc.sc.gc.ca)**
- **[www.makeapact.ca](http://www.makeapact.ca)**