PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

# 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.