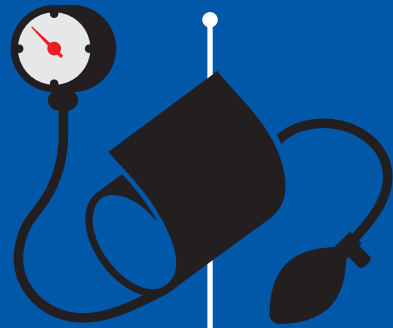


The Benefits of Quitting

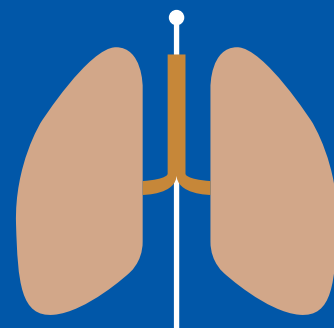
20 minutes after quitting

Your blood pressure and pulse rate return to normal.



After 24 hours

Your lungs start to clear out the mucus. Coughing is actually a good sign.



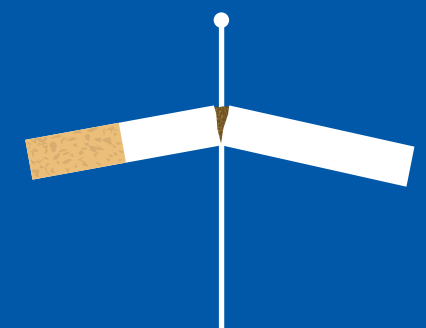
After 1 year

Your risk of having a heart attack is cut in half.



10 to 15 years after quitting

Your risk of coronary heart disease is the same as someone who never smoked.



After 8 hours

You can breathe easier. Your oxygen levels are back to normal and your chance of having a heart attack goes down.



After 48 hours

You are nicotine-free. Your sense of taste and smell begins to return.



After 10 years

Your risk of dying from lung cancer is cut in half.

Former smokers say that after they quit they feel more in control, more relaxed, have more energy and have more money to spend on things that matter to them.

smokers' helpline

1-877-513-5333 smokershelpline.ca



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