

Benefits of Quitting



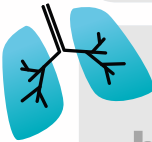
20
mins

Your blood pressure and pulse return to normal



8
hours

Carbon monoxide level in the blood reduces by half and oxygen level returns to normal

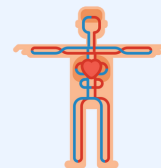


72
hours

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase

2-12
weeks

Your circulation improves

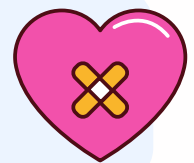


3-9
months

Coughs, wheezing & breathing problems improve. Lung function increases by up to 10%

1
year

Risk of heart attack falls to half of that of a smoker



5
years

Risk of a stroke is reduced to that of a non-smoker

10
years

Your risk of death from lung cancer falls to half that of a smoker

