

Quitting smoking has its benefits

NOW

Right Away

- Air around you, your family and friends is safer

Within 20 Minutes

- Blood pressure goes back to what it was before the cigarette
- Pulse rate goes back to normal

HOURS

Within 8 hours

- Oxygen level in your blood goes up

Within 12 hours

- Carbon monoxide level in your blood goes down

Within 48 hours

- Chance of having a heart attack goes down
- Sense of smell and taste improves

Within 72 hours

- Lung capacity increases

WEEKS TO MONTHS

Within 2 weeks to 3 months

- Lung function improves

Within 1 to 9 months

- May cough less, be less congested, have more energy and breathe easier

YEARS

Within 1 year

- Risk of smoking-related heart attack is cut in half

Within 2 years

- Risk of cervical cancer goes down
- Risk of bladder cancer cut in half

In 5 to 10 years

- Stroke risk is reduced and about the same as someone who never smoked

Within 10 years

- Risk of dying from lung cancer is cut in half
- Healthy cells replace pre-cancerous ones

Within 15 years

- Risk of dying from a heart attack is the same as someone who never smoked



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Call toll-free
1-866-710-QUIT (7848)

