

# QUIT SMOKING & HEAL YOUR BODY

SMOKING PUTS YOU AT INCREASED RISK OF DEVELOPING A RANGE OF DISEASES. THE UPSIDE IS THAT BY QUITTING, YOU'LL QUICKLY SEE THE HEALTH BENEFITS.



There are loads of immediate benefits when you quit smoking

## MINUTES

**20 MINUTES** Heart rate & blood pressure improves

## HOURS

**12 HOURS** Excess carbon monoxide leaves your body & oxygen levels increase

## DAYS

**1 DAY** Blood pressure drops, reducing the risk of heart disease

**2 DAYS** Sense of smell & taste improves as nerves heal

**3 DAYS** Nicotine has left your body. Expect irritability, headaches & cravings for a while

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## MONTHS

**1 MONTH** Your lung function improves, so you cough less.

**1-3 MONTHS** Circulation continues to improve

**9 MONTHS** Your cilia have recovered enough to expel mucus from the lungs and fight infection

## YEARS

**1 YEAR** Your risk of heart disease is halved

**5 YEAR** Arteries and blood vessels begin to widen again, lowering your risk of stroke

**10 YEARS** Your risk of developing lung cancer is half that of a smoker

**15 YEARS** Your risk of heart disease and pancreatic cancer is the same as a non-smoker

## NINE DISEASES SMOKERS ARE MORE AT RISK OF

- Cancer
- Heart disease
- Stroke Lung diseases
- Type 2 diabetes
- Tuberculosis
- Certain eye diseases
- Chronic Obstructive Pulmonary Disease (COPD)
- Rheumatoid arthritis

## WITH LEGAL&TAX YOU'RE NOT ALONE