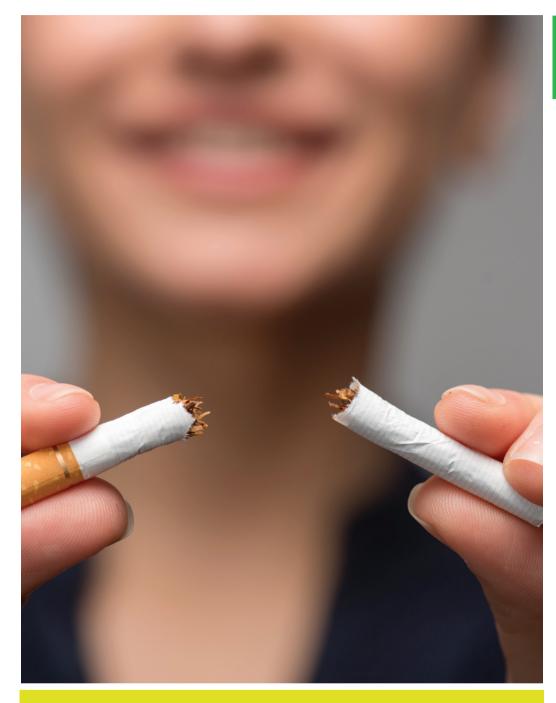




QUIT SMOKING & HEAL YOUR BODY

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.



NINE	DISEAS	ES SMO	OKERS
ARE M		F RISK	OF

- Cancer
- Heart disease
- Certain eye diseases
- Chronic Obstructive

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

- Stroke Lung diseases
- **Type 2 diabetes**
- **Tuberculosis** •

Pulmonary Disease (COPD)

Rheumatoid arthritis

5 YEAR

15 YEARS

10 YEARS

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

Your risk of developing lung cancer is half that of a smoker

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

WITH LEGAL&TAX YOU'RE NOT ALONE





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