

DID YOU KNOW ?

I QUIT NOW
1-866-527-7383



Rapid changes occur in your body when you quit smoking

No matter how long you've been smoking, your health will improve when you quit and your body will start to reverse some of the damage done by smoking. You'll see some changes right away and others as time goes on.

After	Benefits
 20 Minutes	Your blood pressure and pulse rate will return to normal.
 8 Hours	You'll notice that you can breathe easier. Your oxygen levels will be back to normal and your chance of having a heart attack will go down.
 24 Hours	Your lungs will start to clear out the mucus. All that coughing will be a good sign.
 48 Hours	You'll be almost nicotine-free. Your senses of taste and smell will improve so you'll probably start to enjoy food more.
 72 Hours	You'll have more energy. Your lung capacity will increase and your bronchial tubes will relax, so breathing and exercising will get easier.
 1 Year	Your risk of having a heart attack will drop by 50%.
 10 Years	Your risk of dying from lung cancer will be cut by half.
 10-15 Years	Your risk of coronary heart disease will be the same as the risk for someone who has never smoked.

Source: *One Step at a Time: For Smokers Who Want to Quit*. Canadian Cancer Society

If you want to quit smoking, you're not alone!

Counsellors at the j'Arrête Smokers' Helpline and Quit Smoking Centres are there to help you in your initiative.



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