

WHAT HAPPENS WHEN YOU QUIT SMOKING

It's never too late to stop smoking, and many health benefits will happen faster than you think. **HERE'S WHAT CAN HAPPEN AFTER YOUR LAST CIGARETTE.**



AFTER 20 MINS

Check your pulse rate, it will already be starting to return to normal

AFTER 8 HOURS

YOUR OXYGEN LEVELS WILL BE RETURNING TO NORMAL, and carbon monoxide levels in your blood will have reduced by half



AFTER 48 HOURS

YOUR BODY WILL HAVE FLUSHED OUT ALL CARBON MONOXIDE. Your lungs will start to clear out mucus, and your sense of taste and smell will have improved

AFTER 72 HOURS

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. **ALSO YOUR ENERGY WILL BE INCREASING**



AFTER 2-12 WEEKS

Blood will be pumping through to your heart and muscles much better because **YOUR CIRCULATION WILL HAVE IMPROVED**

AFTER 3-9 MONTHS

Any coughs, wheezing or breathing problems will be improving as **YOUR LUNG FUNCTION INCREASES BY UP TO 10%**

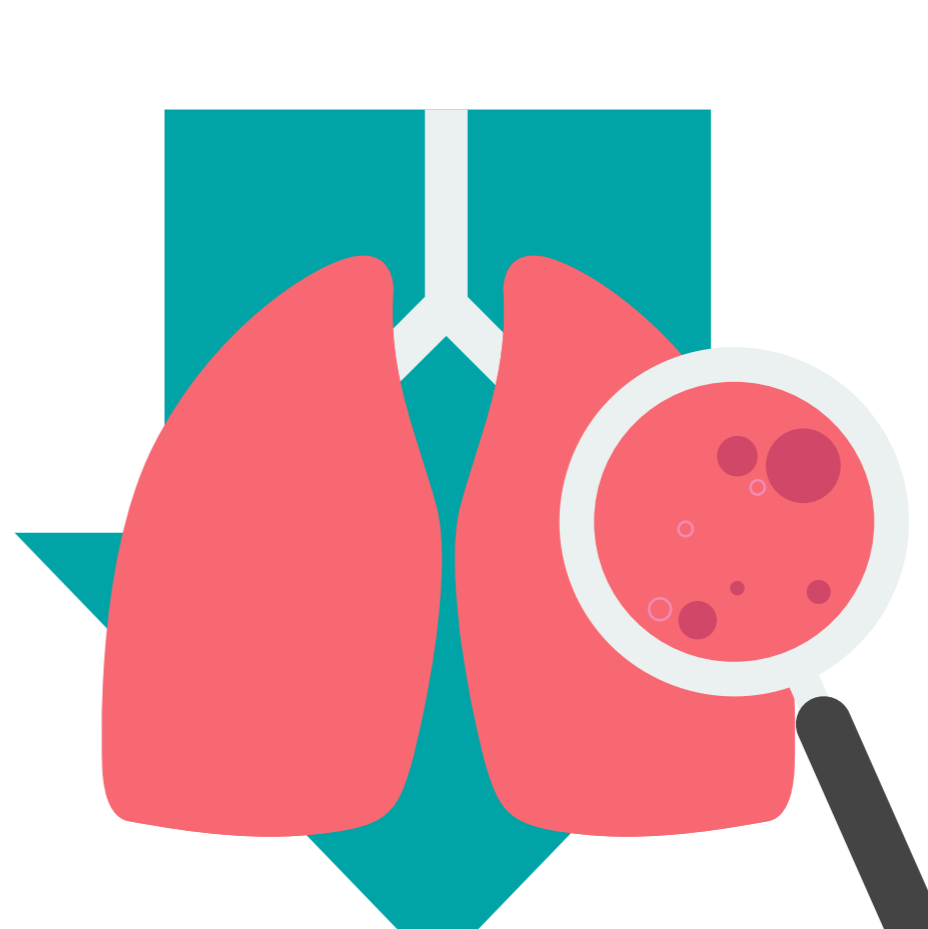


AFTER 1 YEAR

GREAT NEWS! Your risk of heart attack will have halved compared to a smoker's

AFTER 10 YEARS

More great news! **YOUR RISK OF DEATH FROM LUNG CANCER WILL HAVE HALVED** compared to a smoker's



AFTER 15 YEARS

Your risk of heart attack should now be the **SAME AS SOMEONE WHO HAS NEVER SMOKED.** Amazing news!

READY TO QUIT?

WITH THE RIGHT SUPPORT YOU'RE UP TO 4 TIMES AS LIKELY TO QUIT FOR GOOD

GET STARTED TODAY

nhs.uk/oneyou/quit-smoking

ONE YOU

REFERENCES

Centers for Disease Control and Prevention, The Health Consequences of Smoking: a report of the Surgeon General, https://www.cdc.gov/tobacco/data_statistics/sgr/2004/index.htm, 2004

Centers for Disease Control and Prevention, Within 20 minutes of quitting, https://www.cdc.gov/tobacco/data_statistics/sgr/2004/posters/20mins/index.htm, 2004