

THERE'S NEVER BEEN A BETTER TIME TO QUIT



ONE YOU

LINCOLNSHIRE

EFFECTS ON YOUR BODY IF YOU **GIVE UP** TODAY!

WITHIN 20 MINUTES

Your heart rate and blood pressure will drop



48 HOURS

Your ability to taste and smell improves

1 MONTH

Your appearance improves and your skin loses its greyish pallor



1 YEAR

Your risk of coronary heart disease is cut in half

10 YEARS

Your risk of lung cancer falls to around half of that of a smoker



24 HOURS

Carbon monoxide and nicotine will be eliminated from your body

72 HOURS

Your breathing becomes easier and your energy levels will improve



3-9 MONTHS

Coughs, wheezing and breathing problems improve as your lung function is increased by up to 10%

5 YEARS

Your risk of cancer of the throat, esophagus and bladder are cut in half



15 YEARS

Your risk of a heart attack falls to the same as someone who has never smoked

ONE YOU
LINCOLNSHIRE

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