



YOU CAN QUIT SMOKING !

There has never been a better time to Quit

*What are the benefits of Quitting Tobacco
What happens to your body when you Quit Smoking ?*

Within 20 minutes of quitting...

Blood pressure drops to normal, pulse rate returns to normal, peripheral circulation increases, returning body temperature of hands and feet

Within 8 hours

Blood levels of carbon mono-oxide and oxygen return to normal

Within 24 hours

Chances of heart attack decreases

Within 48 hours

Nerve endings start regrowing ability to taste and smell are enhanced

Within 72 hours

Your lung capacity begins increasing

Within 2 weeks to 3 months

Your circulation improves and your lungs become stronger, making walking easier

Within 1 to 9 months

The lining (cilia) of your lungs begins to regrow, increasing the ability of your lungs to handle mucus, to clean themselves, and to reduce infection. coughing, sinus congestion, fatigue and shortness of breath decreases, your overall energy level increases.

Within 3 to 5 years

Your risk of heart attack drops to that similar of a non-smoker

Within 10 years

Your risk of dying of lungs cancer drops to that of a non-smoker, Your chances of getting cancer of the throat, stomach, bladder, kidney or pancreas also decrease to the average rate.