

Ask about stopping smoking at your Local Pharmacy or Health Centre.

The benefits start as soon as you stop.

BENEFITS OF STOPPING SMOKING

20mins

Blood pressure and pulse normalise
Blood circulation increases.

8 Hours

Level of carbon monoxide in blood decreases.

24 Hours

Lungs start to clear out mucus.
Carbon monoxide has been eliminated from body.

72 Hours

Breathing becomes easier, energy levels increase.

2-3 weeks

Physical withdrawal symptoms stop, you will manage several hours without thinking about smoking.
Your risk of blood clots are decreased.

1 Year

The risk of developing cardiovascular disease is halved.

2-5 Years

Risk of heart disease, angina and stroke continue to fall. The risk of certain cancers is halved.

5-10 Years

The risk of lung cancer is halved, the risk of developing osteoporosis decreases.

15 Years

Your risk of heart disease is almost the same as someone who has never smoked.