

Stop Smoking and Within...

20 minutes

Your blood pressure drops to normal

8 hours

The oxygen levels in your body increase and your carbon monoxide levels drop

72 hours

Your sense of smell and taste get better and your chance of heart attack goes down

2 weeks to 3 months

Your lung function improves by 30% and your circulation gets better

6 months

Coughing, sinus congestion, tiredness and shortness of breath decrease

1 year

Your risk of coronary heart disease decreases by 50% and heart attack risk drops

5 years

Your risk of stroke is the same as a non-smoker

10 years

Your risk of dying from lung cancer decreases by 50%

15 years

Your risk of coronary heart disease is the same as a non-smoker

join the celebration

If you would like this information in another official language, contact us at 1-866-846-8601.
Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-866-846-8601.
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Government of
Northwest Territories

NWT
QUITLINE
1-866-286-5099

