

Health Benefits of Quitting

Turn Back Time to Better Health

Within 20 Minutes

- Blood pressure drops and heart rate returns to normal.

After 8 Hours

- Carbon Monoxide level in blood drops.

After 24 hours

- Your chance of having a heart attack decreases.

After 48 Hours

- Lung capacity increases and breathing can become easier.

2 Weeks to 3 Months

- Walking becomes easier.
- Lung function may increase by up to 20%.

1 to 9 Months

- Coughing, sinus congestion, fatigue, and shortness of breath may decrease.

1 Year

- Risk of heart disease is cut in half.
- Risk of a smoking-related heart attack is cut in half.

10 Years

- Risk of dying from lung cancer is cut in half.

15 Years

- Risk of dying from a heart attack is the same as someone who has never smoked.



south west regional
cancer program

in partnership with
cancer care ontario



CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333