



Stop Smoking and Within...

20 minutes

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 smoking-related heart attack decreases by 50%

5 years

Your risk of dying from lung cancer decreases by 50%

10 years

Your risk of dying from a heart attack is the same as a non-smoker

15 years

Your stroke risk is reduced to that of a non-smoker

NWT
QUITLINE
1-866-286-5099



Choose



A Program of the
Northwest
Territories