

***It is never too late to stop smoking!*** As soon as you quit, your body will immediately begin the process of healing by setting off a series of changes that will continue to improve your health. Within minutes of quitting you will feel a difference in your pulse, blood pressure and body temperature as they return to normal levels.

Within a few days, you'll not only experience healthier breathing, blood circulation and body functioning; you'll also gain a greater sense of taste and smell, as well as reduce your chances of a heart-attack by 45%!

**Below is a chronicle list of quit smoking benefits that you will begin:**

**WITHIN 20 MINUTES**

- Pulse rate returns to normal
- Blood pressure returns to normal
- Body temperature returns to normal

**WITHIN 8 HOURS**

- Nicotine levels start lowering
- Blood circulation and body functions improve
- Oxygen levels in your blood are restored to normal
- Carbon monoxide level in your body drops to very low levels

**WITHIN 48 HOURS**

- Nerve endings start re growing
- Sense of smell and sense of taste both begin to improve
- Chances of having a heart attack are reduced by up to 45%

**WITHIN 72 HOURS**

- Smokers cough becomes less frequent
- Bronchial tubes relax, making breathing easier
- Lung capacity increases along with cardiovascular energy

**WITHIN 1 TO 3 MONTHS**

- Blood circulation improves
- Lung functioning increases up to 30%

**WITHIN 6 MONTHS**

- Energy levels increase
- Risk of infection is lowered
- Cilium (sensory organelles) start re-growth in lungs
- Coughing, stuffy nose, tiredness and shortness of breath improve
- Ability to handle mucus, clean lungs and reduce infection increases

**WITHIN 1 YEAR**

- Risk of smoking-related heart attack and lung disease decreases by 50%

**WITHIN 10 YEARS**

- Risk of ulcers decreases
- Risk of stroke is reduced to non-smoking levels
- Precancerous cells are replaced with normal cells
- Risk of dying from lung cancer is decreased by 50%
- Risk of bronchial and heart attacks are further reduced
- Risk of cancers of the mouth, throat and esophagus are reduced by half

**WITHIN 15 YEARS**

- Risk of death is nearly the same as a person who never smoked
- Risk of dying from a heart attack is the same as a person who never smoked

- Sources include The Canadian Cancer Society, The Lung Association and Health Canada