



## Your Body Says Thank You!

Once you quit smoking, the health benefits are immediate:

<b><i>Within 20 min</i></b>	Blood pressure and pulse rate decrease.
<b><i>Within 8 hrs</i></b>	Carbon monoxide level drops in your body. Oxygen level in your blood increases to normal.
<b><i>Within 48 hrs (2 days)</i></b>	Your chances of having a heart attack start to go down. Your sense of smell and taste begin to improve.
<b><i>Within 72 hrs (3 Days)</i></b>	Your bronchial tubes relax and make breathing easier and your lung capacity increases.
<b><i>Within 2 wks to 3 months</i></b>	Your blood circulation improves, exercise is easier and your lung functioning increases up to 30 percent.
<b><i>Within 6 months</i></b>	Improvements in coughing, sinus congestion, tiredness, shortness of breath and colds.
<b><i>Within 1 year</i></b>	Your risk of smoking-related heart attack is cut in half.
<b><i>Within 5 years</i></b>	Your risk of having a stroke is now reduced to that of a non-smoker.
<b><i>Within 10 years</i></b>	Your risk of dying from lung cancer is cut in half.
<b><i>Within 15 years</i></b>	Your risk of dying from a heart attack is the same as a person who never smoked.

Source: [www.quitnow.ca](http://www.quitnow.ca)