

# IT'S NEVER TOO LATE TO STOP SMOKING

The sooner you stop the better, but even stopping after smoking for many years will bring many important benefits that continue for years.

## **Within 20 Minutes**

- Blood pressure returns to normal
- Heartbeat stabilizes

## **Within 48 Hours**

- Sense of smell and taste improves
- Chance of heart attack decreases

## **Within 3 Months**

- Circulation improves
- Walking and aerobic exercises are easier
- Lung function increases up to 30%
- Saved about \$930 *(for pack a day smoker @ \$10/pack)*

## **Within 6 – 9 Months**

- Fatigue, coughing and sinus congestion decreases
- Shortness of breath decreases
- Overall body energy increases

## **At 1 Year**

- Risk of dying from a heart attack is cut in half
- Saved about \$3000 *(for pack a day smoker @ \$10/pack)*

## **At 5 Years**

- Risk of stroke reduces to same as a non-smoker
- Cervical cancer risk reduces

## **At 10 Years**

- Chance of lung cancer reduces by 50% to 70%
- Risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases

## **At 15 Years**

- Life expectancy is as long as that of a non-smoker
- Risk of coronary heart disease is the same as a non-smoker

**CONNECT TO QUIT – SMOKERSHELPLINE.CA – 1.877.513.5333**

*Financial contribution from*



Health  
Canada

Santé  
Canada

NB anti-tobacco  
COALITION  
antitabac du N.-B.