

# STOP SMOKING, YOU CAN DO IT!

## IF YOU STOP SMOKING, IN...



YOUR BLOOD PRESSURE AND PULSE RETURN TO NORMAL

20 MINUTES



YOUR CAPACITY TO SMELL AND TASTE IMPROVES

48 HOURS



YOUR CIRCULATION IMPROVES AND LUNG FUNCTION INCREASES

2-12 WEEKS



YOUR RISK OF A HEART ATTACK IS HALVED

12 MONTHS



YOUR RISK OF LUNG CANCER IS HALVED

10 YEARS



YOUR RISK OF CANCER AND HEART DISEASE IS SIMILAR TO THAT OF A NON-SMOKER

15 YEARS