

HEALTH BENEFITS OF QUITTING SMOKING



Canadian
Cancer
Society

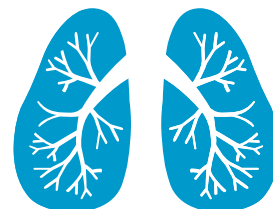
Healthy
Workplaces

Powered
by



20
MIN

Your blood pressure and pulse rate return to normal.



24
HOURS

Your lungs start to clear out the mucus. Coughing is actually a good sign.



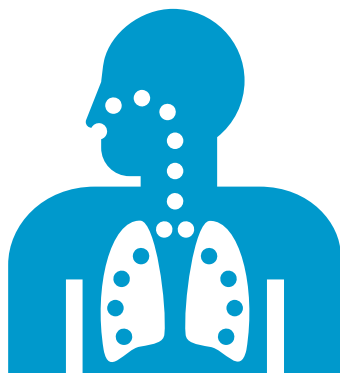
48
HOURS

You are nicotine-free. Your sense of taste and smell begins to return



1
YEAR

Your risk of having a heart attack is cut in half.



10
YEARS

Your risk of dying from lung cancer is cut in half.



10-15
YEARS

Your risk of coronary heart disease is the same as someone who never smoked.