

Benefits of quitting smoking

Quitting smoking is difficult and challenging to do but can benefit you in the short and long term.

20 MINUTES

Your blood pressure and pulse return to your normal rate.

24 HOURS

The risk of heart attack decreases. Oxygen level rises, making physical activity and exercise easier to do.

48 HOURS

The nicotine will have left your body and you'll be able to taste and smell things much better.

72 HOURS

Breathing becomes easier and your energy levels increase.

1 WEEK

Blood circulation improves.

1-3 MONTHS

The lungs' natural cleaning system starts to recover, becoming better at removing mucus, tar and dust from the organ.

1 YEAR

Risk of coronary heart disease decreases by half and will continue to drop past the 1-year mark.

5 YEARS

Your risk of stroke is reduced to that of a nonsmoker's.

10 YEARS

Your chance of developing lung cancer and dying from smoking is halved.

15 YEARS

The risk of death from smoking drops to the level of a person who has never smoked in their life.

You can quit, and we can help.

Let us be part of your quitting journey.

quitforgood 