

The Benefits of Quitting

20 MINUTES
after quitting

Your blood pressure drops to a level similar to that of before your last cigarette.

24 HOURS

Your risk of having a heart attack starts to drop.

1 to 9 MONTHS

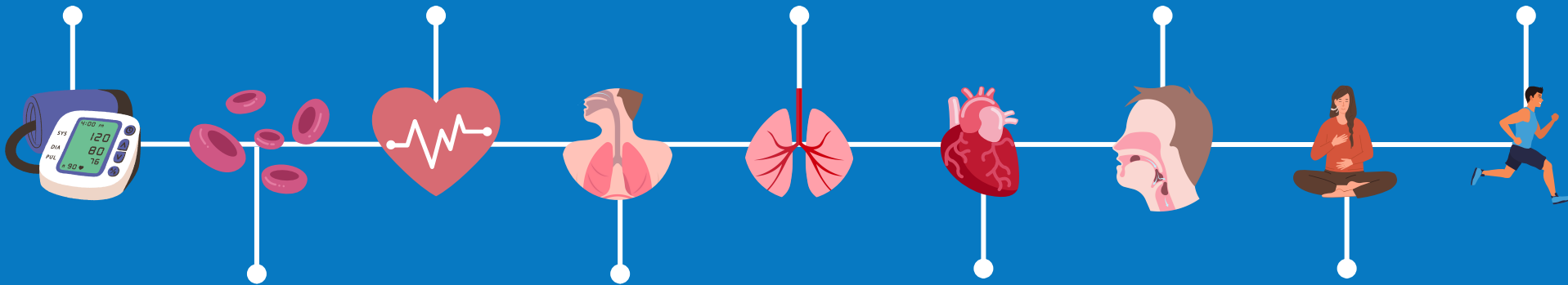
You cough less and your lungs are even stronger.

5 YEARS

Your risk of getting mouth, throat, esophagus, and bladder cancer is halved.

15 YEARS

Your risk of heart disease is similar to someone who does not smoke.



8 HOURS

The carbon monoxide (a toxic gas) in your blood drops to normal.

2 WEEKS to 3 MONTHS

Your lung airways relax and you can breathe easier.

1 YEAR

Your heart disease risk is half that of someone who smokes.

10 YEARS

Your risk of getting lung cancer is about half.

People who used to smoke say that after they quit they feel more in control, more relaxed, have more energy and have more money to spend on things that matter to them.

smokers' helpline



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