

WHAT HAPPENS WHEN A SMOKER QUILTS SMOKING?

The improvements in health are dramatic and immediate.

- Oxygen levels in the blood increase to normal within hours.
- Carbon Monoxide levels drop within hours.
- Lung capacity increases within days.
- Circulation increases within weeks.
- Risk of stroke and other circulatory diseases diminish.
- Chance of smoke-related heart attack is cut in half within a year.
- Chance of getting cancer is cut in half within a few years.
(compared to those who continue to smoke).
- Within 15 years the risk of fatal heart attack is the same as someone who never smoked.