



Quitting smoking

On the fast track to better health

■ Within 20 minutes

Blood pressure decreases and the pulse returns to normal ↓

■ After 8 hours

The carbon monoxide level in your body decreases ↓

■ After 24 hours

Chances of having a heart attack decreases ↓

■ After 48 hours

Sense of smell and taste improves

■ After 72 hours

Lung capacity increases ↑

■ 2 weeks to 3 months

Blood circulation increases ↑

■ 1 to 9 months

Coughing, fatigue and shortness of breath decreases ↓

■ After 1 year

The risk of heart attack is cut in half ↓
Congratulations!!



Quitting smoking is a process and there are many ways to go about it.

For help ask your family doctor or call Smoker's Helpline at 1-877-513-5333.

For more information on this or any other health-related topics contact
York Region Health Services
Health Connection


1-800-361-5653
or visit www.york.ca



Adapted from "Talk it out" from the Ministry of Health and Long-Term Care

Will you protect your family?

Smoking tobacco is the leading cause of preventable death in Canada.



Smoking affects the whole family: unborn babies, infants, children, adolescents, adults, and seniors.



Facts:

- Tobacco smoke has 4000 chemicals; 50 cause cancer
- Formaldehyde, benzene, tar, and nicotine are all in cigarette smoke
- Nicotine is more addictive than heroin
- The amount of harmful chemicals in the body is increased with every puff
- Most of the smoke created by a cigarette is not inhaled by the smoker, it enters the air around a smoker
- Second-hand smoke is more harmful than first-hand smoke



Serious health effects

Breathing is affected by smoking. Smokers can develop asthma, bronchitis, and emphysema.

Lung cancer kills 85% of Canadians diagnosed. Smoking tobacco is the leading cause of the disease.

Heart disease, like heart attack and stroke, can be caused by smoking.

Other cancers are also linked to tobacco use; cancer of the mouth, throat, stomach, bladder, kidney and pancreas. Women smokers have more risk of cervical cancer.

Smoking also affects appearance.

Smokers can expect more facial wrinkles, yellowing of teeth, mouth disease, bad breath, more need for eye glasses and nicotine stains on fingers.

It is never too late to quit smoking.



Benefits of quitting smoking

- Sense of taste and smell will be better and you will enjoy your food more
- Look and feel younger. Smoking causes more wrinkles
- More energy to do the things you love
- No nicotine stained yellow teeth or fingers
- Pride in your ability to overcome a big challenge
- Take control your life and set a great example for children
- Save money

Any attempt to quit smoking is a step in the right direction.

