



# 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!

For more information call York Region, *Health Connection* at  
1-800-361-5653, TTY 1-866-252-9933  
or visit [www.york.ca/tobacco](http://www.york.ca/tobacco)



**York Region**