

# Benefits of Stopping Smoking

## TIME AFTER STOPPING SMOKING



Nicotine and carbon monoxide levels in blood reduce by more than half. Circulation improves.



Carbon monoxide and nicotine almost eliminated from the body.



The ability to taste and smell improves.



Physical appearance improves – skin loses its greyish pallor.



Coughs and wheezing reduces.



Risk of a heart attack reduces by half compared to that of a smoker.



Risk of lung cancer falls to about half of that of a smoker.



Risk of a heart attack falls to the same as someone who has never smoked.

## GENERAL BENEFITS



Your sense of taste will improve and you may enjoy the taste of food more.



Stopping smoking can reverse the lined complexion associated with smoking.



Stress levels may lower once you stop smoking.



Teeth are less likely to become stained and you'll have fresher breath.