BENEFITS OF QUITTING

1 YEAR
Risk of heart attack reduced by 50%

9 MONTHS
Cough & wheeze improve
Risk of lung infections are lowered

12 WEEKS
Circulation improves

72 HOURS
Breathing begins to improve

48 HOURS
Taste can start to improve

24 HOURS
Carbon monoxide gone from body

8 HOURS
Oxygen level in blood return to normal

20 MINUTES
BP & heart rate return to normal

TOP TIP
Think Positive. Withdrawal symptoms are positive signs that your body is recovering from the effects of smoking. E.g. Coughing, being irritable and sleep disturbance.

You can quit, and we can help
National Smoker’s Quitline 1800 201 203
www.quit.ie