# It's never too late to stop smoking. Here's what happens when you quit.



# After 20 mins

Just 20 minutes after your last cigarette your pulse rate, will already be starting to return to normal



# After 72 hours

Breathing feels easier because your bronchial tubes have started to relax. Your energy levels will also increase



# After 1 year

Awesome!
Your risk of having
a heart attack is
now half that
of a smoker



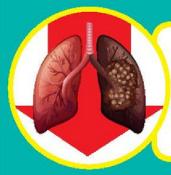
# After 8 hours

Your oxygen levels will be returning to normal and carbon monoxide levels will have reduced by half



#### After 2-12 weeks

Blood will be pumping to your heart and muscles better because your circulation is improving



# After 10 years

Great news!
Your risk of dying
from lung cancer is
now half that of
a smoker



# After 48 hours

All the carbon monoxide in your body has gone and mucus begins to clear from your lungs. Your sense of taste and smell improves



# After 3-9 months

Coughs, wheezing and breathing problems will get better as lung function increases by up to 10%



### After 15 years

Brilliant!
Your risk of having a
heart attack is now
the same as someone
who has never smoked