

# QUIT SMOKING. BEGIN HEALING.

YOU BECOME HEALTHIER THE DAY YOU QUIT SMOKING



## 20 MINUTES

Blood pressure and Pulse rate returns to normal

## 8 HOURS

Carbon monoxide level in your blood returns to normal

## 48 HOURS

Your ability to smell and taste begins to return

## 2-12 WEEKS

Circulation & breathing improves

## 9 MONTHS

Coughing, congestion & shortness of breath decrease

## 1 YEAR

A pack-a-day smoker will save over \$2,000

## 5 YEARS

Risk of cancer of the mouth, throat, esophagus and stroke risk has been drastically reduced

## 10 YEARS

Life expectancy is now comparable to a non smoker

## 15 YEARS

Risk of coronary heart disease is now comparable to that of a non smoker

**QUIT TODAY!  
NON-SMOKERS LIVE 10 YEARS LONGER!**