

Quit Smoking Timeline

What happens to your body when you stop smoking?



Quit day arrives...

You finish your last ever cigarette.



Within 30 minutes...

Your heart rate will begin to return to normal.



Within 2 hours...

Blood pressure returns to normal levels.



Within 1 day...

Carbon monoxide levels decrease and your risk of heart attack starts to fall.



Within 2 days...

Your senses of taste and smell start to improve as nerve endings repair themselves.



Within 3 days...

Your body is completely free of nicotine.



Within 15 years...

Your risk of heart disease will have returned to normal levels.



Within 10 years...

Your risk of lung cancer (and other smoking related cancers) will be half that of a smoker.



Within 5 years...

Your risk of a stroke has returned to normal.



Within 1 year...

Your risk of heart attack is halved.



Within 3 weeks...

Your lungs will start to heal, your breathing will improve and you should be able to enjoy aerobic exercise again.



Sources

http://www.cdc.gov/tobacco/data_statistics/sgf/2004/posters/20mins/index.htm
http://my.clevelandclinic.org/services/smoking_cessation/

Nicotin

Effects of smoking on appearance

Non-smoker
Aged 35

Smoker
Aged 35

Healthy hair, skin
and nails of a
non-smoker

Smokers face is the result of puckering on a cigarette and squinting in reaction to smoke, which creates deep wrinkles around the mouth and eyes

Dull, yellow-grey complexion

Skin damage from low levels of Vitamin A

Chemicals break down hair cells, leading to hair damage

A breakdown of collagen supply to skin results in less firmness and elasticity

Damage to skin fibres:

- Wrinkles
- Sagging of the eyelids
- Bags under eyes
- Premature aging of skin on our body

Smoking accelerates the aging process by 10-20 years

In a hurry to look all grown up? 



Start smoking!

How smoking hurts your body



Nicotine actually changes your brain, making you addicted.



Your eyes are at increased risk for blindness and loss of night vision.



You're at risk for cavities, oral cancer, mouth sores, and ulcers.



Smoking can give you mild to moderate hearing loss.



You'll have less muscle and a bigger belly.



Smoking stresses your heart, increasing risk for heart attacks.



You can scar your lungs, giving you shortness of breath and a chronic cough.

Quit...today.



You're at risk for more broken bones, and longer healing times.

You may be surprised by these health troubles caused by smoking. But smoking harms nearly every organ of the body.

smokefree.gov

HEALTH RISKS OF SMOKING

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1 OUT OF 2

long-term smokers will

DIE FROM TOBACCO.



Every cigarette smoked

CUTS 5 MINUTES OF LIFE

on average - about the time taken to smoke it.

Smoking is the single

LARGEST PREVENTABLE CAUSE

of disease and premature death.

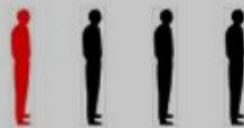
Cigarettes contain more than

4,000 TOXIC OR CARCINOGENIC

chemicals.

1 OUT OF 4

heart diseases victims and



3 OUT OF 4

chronic bronchitis victims



ARE SMOKERS.





A DOZEN
REASONS TO
CRUSH
THE HABIT



Younger looking
skin

Fresher **breath**

Improved
breathing

Higher
immunity

Whiter **teeth**

Better **sex**

Improved
fertility

Increased
life-span

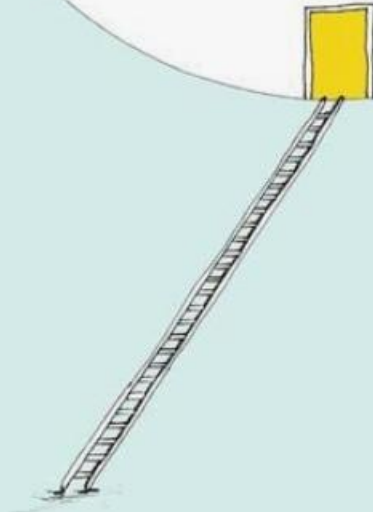
Reduced **stress**

Enhanced **smell
and taste**

Greater **energy**

Healthier
loved ones

I'M NOT
TELLING YOU
IT IS GOING
TO BE EASY,
I'M TELLING YOU IT'S
GOING TO BE
WORTH IT.



I PUT IT OUT

For Good.



Because I Love me.