



Benefits of Quitting Smoking

Information for First Nations, Inuit, Métis and Urban Indigenous Peoples

Quitting smoking at any age can lower the risk of lung cancer and chronic disease. It's always a good time to stop smoking!

- 20 minutes after quitting your heart rate and blood pressure will begin to return to normal.
- After 8 hours you can breathe easier.
- After 24 hours your lungs and heart will be healthier.
- After 48 hours you are nicotine free and your sense of taste and smell begin to return.
- After 1 year your risk of heart disease is cut in half.
- After 10 years your risk of dying from lung cancer is cut in half.

Quitting smoking significantly reduces your risk of tobacco-related cancers and chronic disease.

Other benefits of quitting smoking:

- You will be a great role model for family and friends.
- You will save money.
- Being physically active will be easier.
- You won't have to look for places where you are able to smoke.
- Your body, hair, clothes, home and car will smell better – and be healthier.
- You will be helping family and friends to be healthier by not exposing them to second-hand smoke.

For more information visit tobacchowise.com



It is never too late to quit!

