



Health benefits of *quitting**

Quitting smoking at any age will result in major and immediate health benefits, including:

- T I M E L I N E**
- **Two hours** _____ after stopping, all nicotine is out of your system. In about two days all the nicotine by-products have gone
 - **Within a few hours** _____ of quitting, the carbon monoxide is out of your system. After a few months, your lungs work better with less effort and you can do more before you run out of breath

Quitting reduces your risk of stroke and heart attack. This is especially important for women who smoke and take the contraceptive pill: their risk of death from heart attack increases dramatically with age
 - **Within two days** _____ your taste buds come alive and your sense of smell improves. Your breath, hair, fingers, teeth and clothes are cleaner

The first few days and weeks after you quit can be the hardest. As many as 7 out of 10 will go back to smoking unless they get extra help
 - **After three weeks** _____ exercising will be easier because your body needs less oxygen and more air is getting into your lungs
 - **Within two months** _____ of quitting, the blood flow to your hands and feet improves. Recovery symptoms are a good sign. They show your body is adjusting to being free from the chemicals in tobacco
 - **Within three months** _____ the cilia (the hair-like cleaning system in your lungs) begin to recover and remove the mucus in your lungs so that you can cough it up. The mucus may be brown from tar. Your lungs start to work better, and activities like climbing stairs and running for the bus become easier
 - **After 12 months** _____ your excess risk of heart disease is down to almost half that of a smoker's. Fifteen years after stopping, this risk is almost the same as for a nonsmoker

There are now more Australians who have quit smoking than there are Australians who smoke

*Extract from: Quit Because You Can booklet
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