

WHAT HAPPENS TO YOUR BODY WHEN YOU QUIT SMOKING?

8 Hours

Carbon Monoxide is reduced and no longer stops oxygen from reaching blood cells.

In pregnancy, baby is now getting more oxygen.



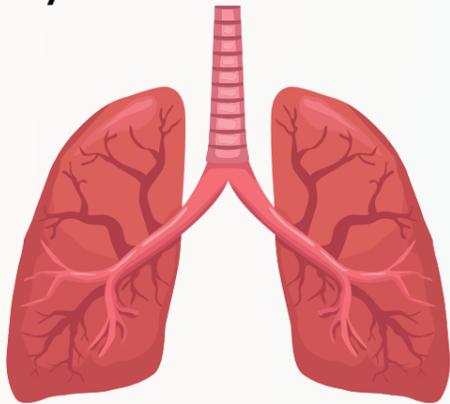
3 Days

Breathing becomes easier, energy levels increase.

12 Weeks

It is easier for your heart to pump.

Your lungs regain their ability to clean themselves.



10 Years

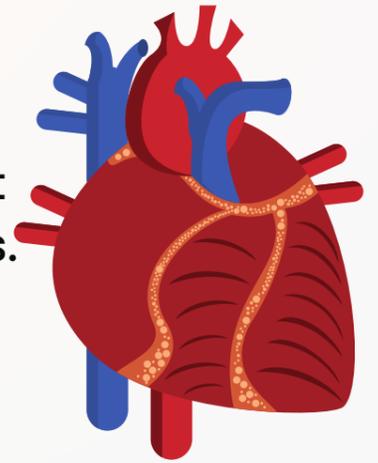
Your risk of lung cancer is half that of a smoker.

20 Minutes

Your heart rate drops and returns to normal. Blood pressure and circulation begin to improve.

12 Hours

Your risk of heart attack decreases.



2 Days

Your sense of smell and taste starts to return. There is no nicotine in the body.



1 Year

Your risk of heart attack falls to half that of a smoker.

15 Years

Your risk of heart attack has reduced to the same amount as that of someone who has never smoked.



Want help?
Have a yarn with
your Doctor or
Aboriginal Health
Worker, or call
QUITLINE



KIMBERLEY
TACKLING
INDIGENOUS
SMOKING