

# 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.

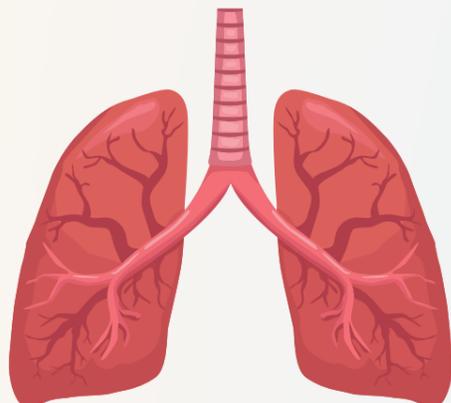


## 3 Days

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

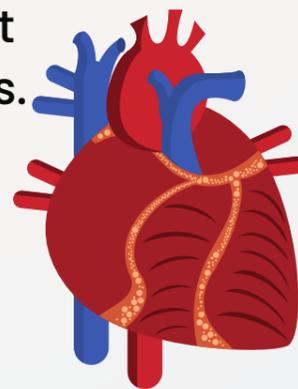
Your risk of lung cancer is half that of a smoker.

## 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.

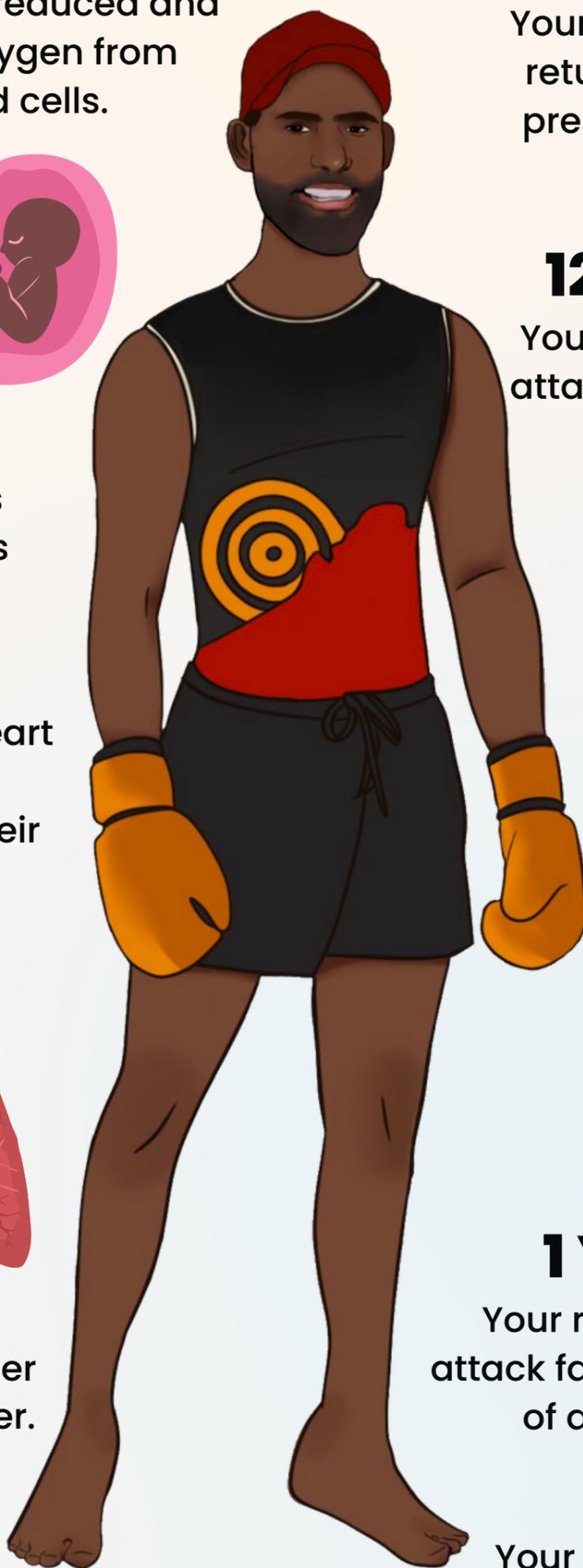


## 1 Year

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

Quitline  
137848



KIMBERLEY  
TACKLING  
INDIGENOUS  
SMOKING