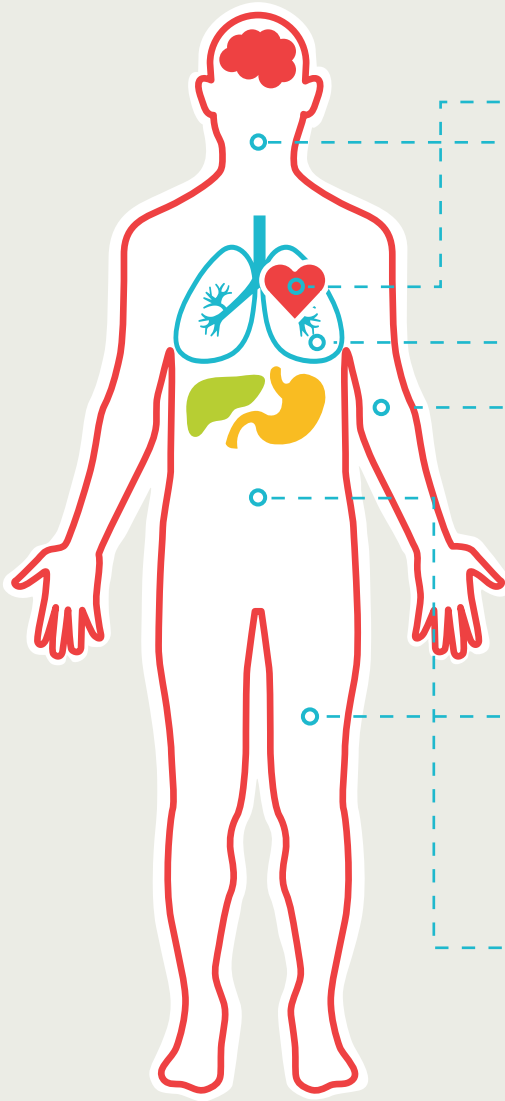


THE POSITIVE EFFECTS OF QUITTING SMOKING



20 MINUTES

Your heart rate and blood pressure drop.



12 HOURS

Carbon monoxide level in your blood decreases to normal. With the decrease in carbon monoxide, your blood oxygen level increases to normal.



48 HOURS

Nerve endings start to regrow and the ability to smell and taste is enhanced.



3 DAYS

Most nicotine is out of your body.



14-90 DAYS

Your circulation and lung function improve.



9 MONTHS

Your risk of pregnancy complications is the same as a non-smoker.



THE BIGGER PICTURE

1 YEAR

The excess risk of coronary heart disease is half that of a continuing smoker's.

15 YEARS

Risk of coronary heart disease is the same as that of a nonsmoker.

5-15 YEARS

Risk of having a stroke and risk of getting cancer of the mouth, throat or esophagus is reduced to that of a nonsmoker's.

1.866.QUIT.4.LIFE | **www.quitnow.net**
(1.866.784.8454)