



Quitting Smoking AND YOUR HEART



20
MINUTES

BLOOD PRESSURE & HEART RATE **DECREASE**

8 HOURS

CARBON MONOXIDE LEVELS **DECREASE**
OXYGEN LEVELS **INCREASE**

15
YEARS

HEART ATTACK RISK DECREASES TO **THE LEVEL OF SOMEONE WHO NEVER SMOKED**

What happens



after you quit...

2 DAYS

SENSES OF TASTE & SMELL INCREASE
HEART ATTACK RISK DECREASES

10
YEARS

RISK OF LUNG CANCER DECREASES BY **UP TO 50%**

3 DAYS

BRONCHIAL TUBES RELAX AND LUNG **CAPACITY INCREASES**

1 YEAR

RISK OF HEART ATTACK DECREASES BY **UP TO 50%**

6 MONTHS

COUGHING, FATIGUE, SHORTNESS OF BREATH & CONGESTION **ALL DECREASE**

2 WEEKS to **3** MONTHS

BLOOD CIRCULATION IMPROVES AND LUNG FUNCTION **INCREASES UP TO 30%**



A TYPICAL SMOKER WILL SAVE

\$20,000

AFTER 10 YEARS OF NOT SMOKING



You'll no longer expose your family and friends to second-hand smoke.

WHAT CAN I DO?

Quitting smoking is a complex process that requires preparation. One good high-level strategy is the **STAR** approach:

- SET** ★ the date to quit
- TELL** ★ family & friends and enlist their support
- ANTICIPATE** ★ challenges & set-backs so you can get back on track
- REMOVE** ★ tobacco products from your environment

Most people find that the more support they get, the better! The University of Ottawa Heart Institute's Quit Smoking Program is available to all smokers who are interested in quitting. We use proven techniques and individualized counselling to help people kick the habit.

To register for the the Heart Institute's Quit Smoking Program, call 613-761-5464.