

BENEFITS OF QUITTING



1 YEAR
Risk of heart attack
reduced by 50%

9 MONTHS
Cough & wheeze improve
Risk of lung infections
are lowered

12 WEEKS
Circulation improves

72 HOURS
Breathing easier, energy improving

48 HOURS
Taste and smell improve

24 HOURS
Carbon monoxide gone from body
Lung start to clear

8 HOURS
Oxygen level in blood return to normal

20 MINUTES
BP & Heart Rate return to normal



TOP TIP

Think Positive. Withdrawal symptoms are positive signs that your body is recovering from the effects of smoking. E.g. Coughing, being irritable and sleep disturbance.

You can quit, and we can help

National Smoker's Quitline 1800 201 203

www.quit.ie



**Irish
Cancer
Society**

THOUSANDS OF PEOPLE QUIT EVERYDAY AND STAY SMOKE FREE



TOP 10 TIPS FOR QUITTING

1. Prepare yourself for quitting
2. Make a date to stop smoking
3. Get support
4. Change your routine and plan ahead
5. Get physically active
6. Think positive
7. 4Ds to deal with cravings:
Delay, Drink water, Distract yourself, Deep breath
8. Watch what you eat
9. Start saving money
10. Take one day at a time



TOP TIP

Smoking is associated with certain routines. Break the routine and it may help you break the habit.

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