

# 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](http://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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