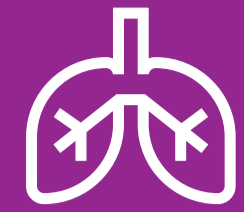




The benefits after quitting smoking for your health and heart



Even if it's hard to feel any different at the start, your body does and it almost instantly benefits from quitting your last cigarette.



20 Minutes after your last cigarette
Your resting heart rate reduces

12 Hours after your last cigarette
The level of carbone monoxide in your blood reduces

2-12 Weeks after your last cigarette
Risk of heart attack reduces and lung functions improves

1-9 Months after your last cigarette
Coughing and shortness of breath decrease

1 Year after your last cigarette
Risk of coronary heart disease is halved

10 Years after your last cigarette
Your risk of lung cancer falls to about half that of a smoker

15 Years after your last cigarette
Risk of coronary Heart disease falls to about the same as someone who has never smoked



What you gain after you quit smoking



Sense of taste and smell



Regain your breath



Better skin



The pleasure of not being dependent of this drug



4 methods to quit smoking for good



1. Nicotine replacement therapy

From nicotine gum to patches, inhalers, sprays, and lozenges. Remember that the goal is to end your addiction to nicotine, not simply to quit using tobacco.



3. Medication

Bupropion and varenicline are prescription medicines that can help with your cravings and withdrawal symptoms. Consult your doctor.



2. Behavioral therapy

This involves working with a counselor to find ways not to smoke.



4. Combo treatments

You might be more likely to quit for good if you use a mix of different methods. Be sure to talk with your doctor first to see if this is the right approach for you.



If you don't manage to quit smoking at your first attempt, do not give up!
Every attempt is a step further, that leads you to quit smoking for good!