

# Effects of Quitting Smoking

Call  Quitline 13 7848

## QUITTING SMOKING HAS IMMEDIATE HEALTH BENEFITS

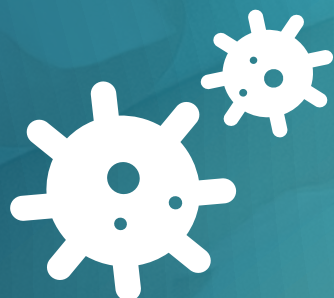
**20 MINUTES**  
HEART RATE AND  
BLOOD PRESSURE DROP



**1 WEEK**  
TASTE AND  
SMELL IMPROVE



**2 MONTHS**  
IMPROVED IMMUNE  
SYSTEM AND REDUCED  
RESPIRATORY  
INFECTIONS



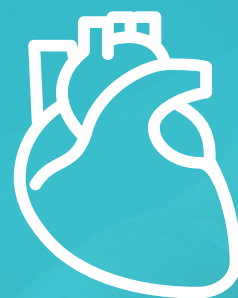
**1 YEAR**  
RISK OF  
CORONARY HEART  
DISEASES HALVES



**12 HOURS**  
CARBON MONOXIDE  
LEVELS IN YOUR BLOOD  
RETURN TO NORMAL



**2-12 WEEKS**  
BLOOD CIRCULATION  
AND LUNG  
FUNCTION IMPROVE



**1-9 MONTHS**  
COUGHING AND  
SHORTNESS OF  
BREATH DECREASE



**5-10 YEARS**  
STROKE RISK AND  
LUNG CANCER  
RISKS HALVED



## Are you ready to quit?

Ask your health professional or physiotherapist how.

# 1300 367 519

  
**EmployHealth**