Quitting Smoking AND YOUR HEART

**What happens after you quit...**

- **20 MINUTES**
  - Blood pressure & heart rate decrease

- **8 HOURS**
  - Carbon monoxide levels decrease
  - Oxygen levels increase

- **2 DAYS**
  - Senses of taste & smell increase
  - Heart attack risk decreases

- **3 DAYS**
  - Bronchial tubes relax and lung capacity increases

- **15 YEARS**
  - Heart attack risk decreases to the level of someone who never smoked

- **10 YEARS**
  - Risk of lung cancer decreases by up to 50%

- **1 YEAR**
  - Risk of heart attack decreases by up to 50%

- **6 MONTHS**
  - Coughing, fatigue, shortness of breath & congestion all decrease

- **2 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 about your plans 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 Heart Institute’s Quit Smoking Program, call 613-761-5464.