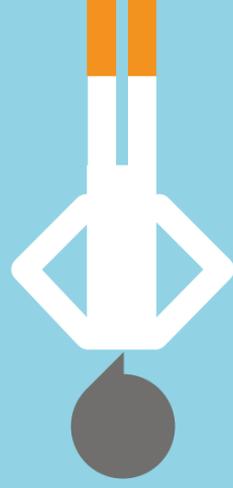


This poster details some of the benefits of quitting smoking. Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.



No matter how many years you've been smoking, recovery from its effects starts as little as 20 minutes after you quit



Reduce **the impact**

The health benefits timeline for quitting smoking

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Taking Action on Smoking and Health

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Action on Smoking & Health (Scotland) (ASH Scotland) is a registered Scottish charity (SC 010412) and a company limited by guarantee (Scottish company no 141711). The registered office is 8 Frederick Street, Edinburgh EH2 2HB.

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Taking Action on Smoking and Health

Quit smoking and feel the health benefits after:



www.impact.scot

20 mins		your heart rate and blood pressure return to normal.
12 hours		The level of carbon monoxide in the blood returns to normal.
2 weeks to 3 months		Your lung function increases and circulation improves.
1 to 9 months		Coughs and shortness of breath decrease; lungs begin to recover, improving the ability to handle mucus and reduce the risk of infection.
1 year		Excess risk of coronary heart disease is half that of a person who continues to smoke.
2 to 5 years		Risk of stroke is reduced to that of a non-smoker.
5 years		The risk of mouth, throat, oesophagus, and bladder cancer are halved.
10 years		The risk of dying from lung cancer is about half that of that of a continuing smoker's. The risk of cancer of the larynx and pancreas decreases.
15 years		The risk of coronary heart disease is that of a non-smoker's.