Ca rbon monoxide levelsin your body decrease,and oxygen levels return tonorma l.

within 48 hours
Carbon monoxide levels in your body decrease, and oxygen levels return to normal.

Your sense of smell and taste improve. Your chances of having a heart attack begin to decrease.

within 72 hours
Your lung capacity increases and breathing becomes easier.

Blood circulation improves and your lung functioning increases by up to 30 percent.

within 15 years
Your risk of dying from a heart attack is equal to that of a person who never smoked. You will also lower your chances of getting cancers of the tongue, mouth, larynx, throat and esophagus.

The risk of dying from lung cancer is cut in half.

within 10 years
Your risk of suffering a smoking-related heart attack is cut in half.

Coughing, sinus congestion, tiredness and shortness of breath improve.

within 6 months
Your hair and clothes don’t smell of smoke.

within 1 year
The stains on your fingers will slowly disappear.

within 2 to 3 months
The risk of dying from a smoking-related heart attack is cut in half.

within 1 week
Less staining on your teeth.

within 3 months
Less money in your pocket

It’s time to measure your success!

Sources: Health Canada, Canadian Cancer Society

Did you know?
Former smokers live longer than those who continue to smoke.

You will notice:
• Cleaner, fresher breath
• Fewer colds, coughs and breathing difficulties
• Your hair and clothes don’t smell of smoke
• The stains on your fingers will slowly disappear
• Less staining on your teeth
• More money in your pocket

You will experience:
• More energy
• Less gum recession and disease
• Fewer incidences of chronic sore mouth and throat
• Fewer hacking coughs and chest infections
• Less accumulation of tartar and plaque

Visit www.youroralhealth.ca for more information.

Be a quitter.
Talk to your dentist about your options.