

STOP SMOKING HERE →

**In 20 minutes
your pulse &
blood pressure
will return to
normal**

***In 1 hour
your
circulation
will improve***



**In only 8 hours
nicotine levels in
your blood will
begin to fall and
your oxygen
levels improve**

**In 1 day your
lungs begin to
work more
efficiently**



**After 2 days
your sense of
smell & taste
improve**

**After 3 days
you'll have
more energy
and breathing
will be easier**



**Withdrawal symptoms get
easier after only 2 weeks... and
stop after one month! Your
energy levels & breathing keep
on improving**

***After 6 months your risk of heart
attack, cancers and smoking
related lung disease begin to fall***

**KEEP
GOING**

<http://www.nrtc-usa.org>

Nº 1 in a series of patient resources