SMOKING: KNOW THE TRUTH

It is never too late to quit — your body starts to recover from the day you stop.



KNOW THE TRUTH

MYTH	TRUTH
"Smoking helps me relax."	Nicotine gives a quick hit, but withdrawal can increase stress and anxiety.
"The damage is already done."	Your body starts clearing toxins and repairing itself from the day you stop.
"It only affects me."	Second-hand smoke can harm the people around you, especially children and vulnerable adults.



WHY QUIT?

- Better health: quitting reduces the risk of heart disease, stroke, lung disease and many cancers.
- Better breathing: lung function will improve over time, as well as taste, smell and energy.
- Better wellbeing: many people feel less stressed, anxious and low after quitting.
- Better future: you protect family, friends and others from second-hand smoke.

FAST FACTS

- **After 20 minutes:** your pulse rate starts returning to normal.
- **After 8 hours:** oxygen levels recover and carbon monoxide in the blood reduces by half.
- **After 48 hours:** carbon monoxide levels drop to those of a non-smoker, and taste and smell begin improving.
- **After 72 hours:** breathing can feel easier and energy can increase.
- **After 1 year:** the risk of heart attack is around half that of a smoker.
- **After 10 years:** the risk of death from lung cancer is around half that of a smoker.

Ready to stop? Speak to your GP, pharmacist or local stop smoking service — or visit the NHS Quit Smoking website for free support.