

- ◆ 8 hours after quitting: carbon monoxide levels decrease, and oxygen levels increase.
- ◆ 2 days after quitting: Your sense of smell and taste improve.
- ◆ 2 weeks to 3 months after quitting: Your lungs work better and your breathing improves.
- ◆ 6 months after quitting: coughing, sinus congestion, tiredness and shortness of breath improve.
- ◆ 1 year after quitting: Your risk of a smoking-related heart attack are cut in half.
- ◆ 10 years after quitting: Your chances of lung cancer are cut in half.

*Adapted from the Canadian Cancer Society
www.cancer.ca*