

**THERE'S NEVER
BEEN A BETTER
TIME TO QUIT**



ONE YOU
LINCOLNSHIRE

EFFECTS ON YOUR BODY IF YOU **GIVE UP** TODAY!

WITHIN 20 MINUTES

Your heart rate and blood pressure will drop



48 HOURS

Your ability to taste and smell improves

1 MONTH

Your appearance improves and your skin loses its greyish pallor



1 YEAR

Your risk of coronary heart disease is cut in half

10 YEARS

Your risk of lung cancer falls to around half of that of a smoker



24 HOURS

Carbon monoxide and nicotine will be eliminated from your body

72 HOURS

Your breathing becomes easier and your energy levels will improve



3–9 MONTHS

Coughs, wheezing and breathing problems improve as your lung function is increased by up to 10%

5 YEARS

Your risk of cancer of the throat, esophagus and bladder are cut in half



15 YEARS

Your risk of a heart attack falls to the same as someone who has never smoked

ONE YOU
LINCOLNSHIRE

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