

It's time to quit smoking to benefit your health

It isn't easy to quit smoking, but it is really worth the effort, as your health will benefit immediately. Read on to find out why there is no better time to quit than now.

After 20 mins

Just 20 minutes after your last cigarette, your pulse rate will begin to return to normal.

After 8 hours

Now your oxygen levels will increase, while the carbon monoxide level in your blood will fall by half.

After 48 hours

After 2 days, all carbon monoxide is gone from your system, your lungs begin to clear out mucus and your senses of taste and smell will improve.

After 72 hours

You may notice that breathing feels easier, because your bronchial tubes have started to relax. Your energy levels may also be increasing.

After 2 to 12 weeks

Blood will be pumping through your heart and muscles more effectively because your circulation will have improved.

After 3–9 months

Your lung function increases by up to 10%.

Better healing

When you stop smoking, your wound is at less risk of infection¹ and delayed healing².



TIME TO QUIT

So stop smoking today for better health and healing!

Source: <https://www.nhsinform.scot/healthy-living/stopping-smoking/reasons-to-stop/benefits-of-stopping-smoking/>