

Why Quit Smoking?



The Benefits for you:

It's NEVER too late to benefit from quitting smoking. Just look at the chart below for all the immediate, short, and long term benefits for you once you have quit.

After...	Health Benefits
20 minutes	Blood pressure, pulse, and hand/feet temperature return to normal
8 hours	Nicotine and Carbon Monoxide levels in blood reduce by half, oxygen levels return to normal
24 hours	Carbon Monoxide will be eliminated from the body, lungs start to clear out mucus and other smoking debris
48 hours	Chances of having a heart attack start to go down, nerve endings start to re-grow, and ability to taste and smell improves
72 hours	Breathing becomes easier, bronchial tubes relax, energy levels increase
2-12 weeks	Circulation improves, breathing improves, walking becomes easier
3-9 months	Coughing, wheezing, and breathing problems improve and lung function increases by up to 10-30%
1 year	Risk of smoking related heart attack is cut in half
10 years	Risk of lung cancer is cut in half

- All smokers (men, women, old, and young) can experience the benefits of quitting.
- Even smokers who have already developed smoking-related problems like heart disease can look forward to the health gains of quitting smoking. According to Health Canada, smokers who quit smoking after having a heart attack reduce their risk of another heart attack by 50% and also of dying prematurely by 50%.

- Conditions like emphysema and bronchitis can stabilize and improve after quitting smoking.
- Quitting smoking is also beneficial for diabetics; diabetic smokers who quit are much less likely to suffer from serious health effects like heart disease, blindness, and stroke.
- Continuing to smoke increases your risk of developing dementia, Alzheimer's disease, and cataracts.

The Benefits for your family, friends, and others around you:

- You will have more energy to spend time with family and friends and take part in activities with them.
- You will help eliminate Second Hand Smoke (SHS) exposure to your family, friends, and those around you. SHS exposure of as little as 8-20 minutes can cause physical reactions linked to heart disease and stroke (increase heart rate, heart's oxygen supply decreases, blood vessels constrict, blood pressure goes up, and the heart has to work harder as a result).

You can quit smoking:

- Many Canadian quit smoking each year and so can you.
- Remember, quitting smoking is a process and it will take some time to get used to.

Quitting Help

- The cost of Nicotine Replacement Therapy (NRT) for residents in Long-Term Care Homes will be reimbursed by the Ministry of Health Promotion through the Ministry of Health and Long-Term Care.
- There are also a number of self-help booklets and other programs to help you to quit smoking.

For more information on quitting smoking or Nicotine Replacement Therapy please contact:
