QUITTING SMOKING HAS MAJOR AND IMMEDIATE HEALTH BENEFITS

- **20 MINUTES**: Temperature of hands and feet warm up, and heart rate and blood pressure drop
- **8 HOURS**: Carbon monoxide in your blood drops and oxygen increases
- **24 HOURS**: Less risk of a sudden heart attack
- **48 HOURS**: Smell and taste start returning to normal as nerve endings regrow
- **2 TO 3 WEEKS/MONTHS**: It's easier to walk and wounds heal more quickly
- **1 TO 9 MONTHS**: Less coughing, shortness of breath, fewer colds and asthma attacks
- **1 YEAR**: Risk of heart disease is half that of a smoker

**FAST-FORWARD**

After 10 years, risk of stroke and cancer is like that of someone who never smoked

**BENEFITS TO SMILE ABOUT**

- Fingers and fingernails appear less yellow
- Breath, clothes, and hair smell better
- Healthier teeth, gums, and skin

**YOUR DOCTOR CAN HELP YOU QUIT. GET THE FACTS AND START TODAY.**

www.quitterscircle.com

VCP145408-01 © 2015 Pfizer Inc. All rights reserved. Printed in USA/May 2015