

With
support
you are
3 times
more likely
to quit
for good

Start your
smoke free
journey today

Sign up now for your
FREE 12 week course



Receive tips and advice on how to quit



Face to face and telephone appointments



A course of nicotine replacement therapy



Electronic cigarette starter kit and a 12 week supply of E-liquid

West Northants **Stop Smoking Service**
Phone: 0300 126 5700
Email: smokefree@westnorthants.gov.uk



What happens when you quit smoking

Stopping smoking is the best thing you can do to improve your health, here's what happens when you smoke **your last cigarette**:

After 20 minutes



Check your **pulse rate**, it will already be **starting to return to normal**.

After 8 hours



Your oxygen level will be returning to normal, and the **carbon monoxide level** in your blood will have **reduced by half**.

After 48 hours



Your body will have flushed out all carbon monoxide. Your lungs will start to clear out mucus, and your senses of **taste and smell will improve**.

After 2 - 12 weeks



Blood will be pumping through to your heart and muscles much better because your **circulation will have improved**.

After 1 year



Great news! Your risk of heart attack will have **halved compared to a smoker's**. What's more, research suggests that people who have quit smoking for a year are happier than those who continue to smoke.

After 10 years



More great news! Your risk of death from lung cancer will have halved compared to a smoker's.

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