

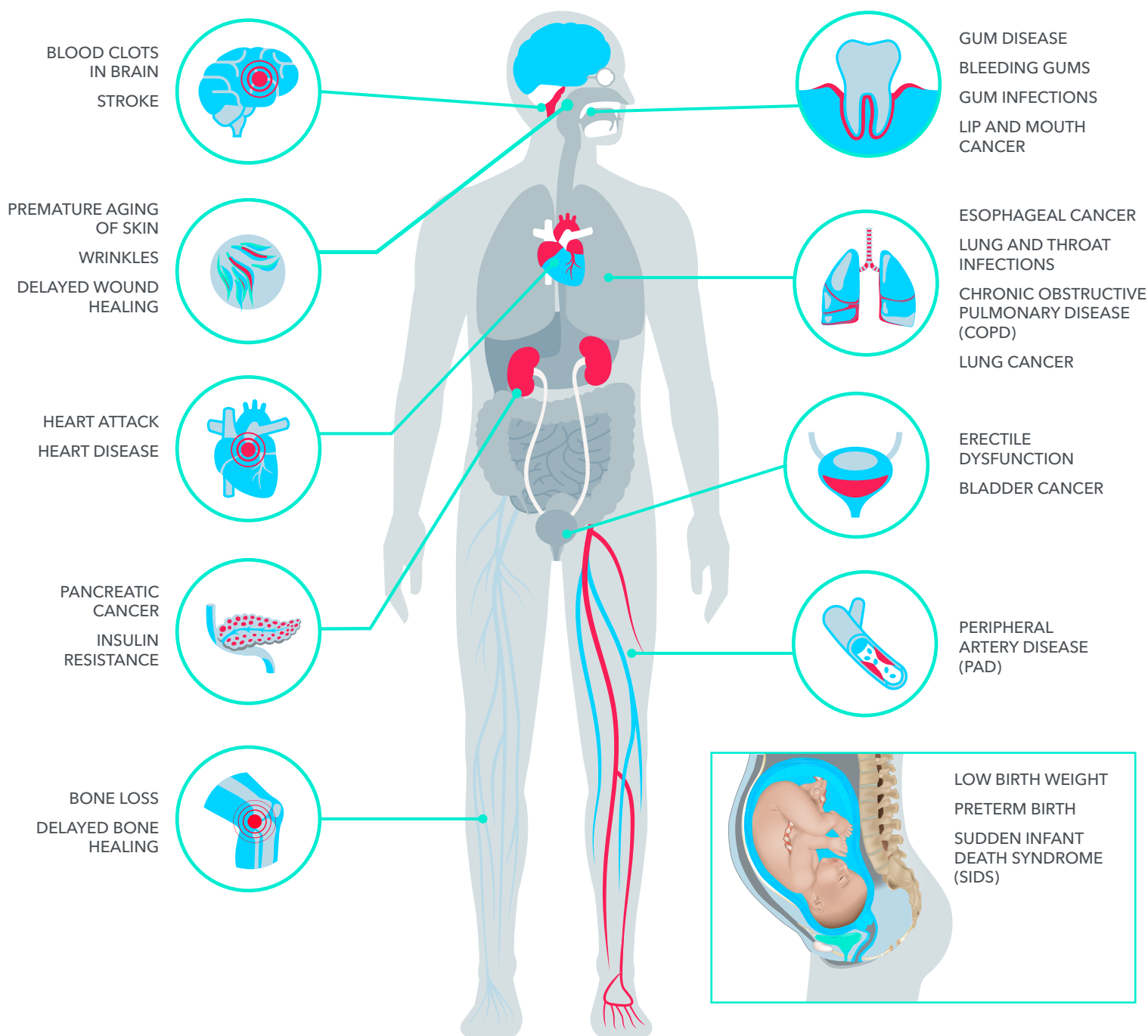


Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Risks of Smoking

Smoking poses significant health risks, including an increased likelihood of developing chronic diseases such as lung cancer, heart disease, respiratory illnesses and more.



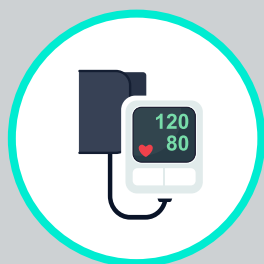


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Benefits of Quitting

Quitting smoking helps to decrease significant health risks and improve quality of life.



WITHIN

20 minutes

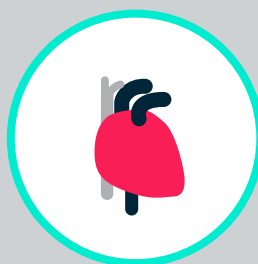
your blood pressure lowers to about the same level as before your last cigarette.



WITHIN

8 hours

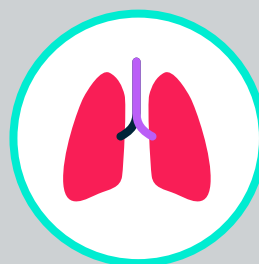
the carbon monoxide level in your body drops and the oxygen level in your blood increases to normal.



WITHIN

24 hours

your chances of having a heart attack start to go down.



WITHIN

2-12 weeks

your airways begin to relax so that breathing is easier.



WITHIN

1-9 months

your lung strength increases and the amount you cough decreases.



WITHIN

5 years

your risk of having a stroke becomes the same as someone who has never smoked, and your risk of developing certain cancers (mouth, throat, esophageal and bladder) is cut in half.



WITHIN

1 year

your risk of developing smoking-related heart disease is cut in half.



WITHIN

10 years

your risk of developing lung cancer is cut in half.

WITHIN
15 years

your risk of developing heart disease is equal to a person who never smoked!

Reference

Health Canada. *Quit with confidence: Deciding to quit* [internet]. June 28, 2024. Available from: www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking.html. Accessed August 3, 2024.



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