



The improvements continue....

2 weeks

Withdrawal symptoms ease

Your energy levels increase

3 months

Risk of gum disease greatly reduced

Smoking related white patches in the mouth disappear

6 months

Risk of heart disease & cancer begin to fall

Over 1 year

Health of your mouth greatly improved

Risk of mouth, throat & other cancers reduce further

So you want to give
up smoking.....

...did you know the
benefits to your mouth
begin the minute you
stop?

The minutes....

... after 20 minutes

No more staining of teeth.

60 minutes

Blood pressure begins to fall

Circulation begins to improve

The hours & days...

8 hours

Nicotine & carbon monoxide levels fall

Oxygen levels in your gums return to normal

1 day

Lungs begin to work better

Carbon monoxide removed from your body

2 days

Sense of taste & smell improve

Stale odours on your breath disappear