

# What happens when you quit?

Smoking increases your chances of severe health issues such as heart attack or stroke. Quitting now can reduce your risk of stroke to that of a non-smoker in just five years.

Smoking increases blood clotting which can increase your risk of stroke by four times.

## Circulation

**Two weeks after quitting smoking, your circulation improves so you may find it easier to do aerobic activities you once found difficult**

Children who are exposed to secondhand tobacco smoke breathe the same dangerous chemicals that smokers inhale

## Children's Lungs

**After just a few months without exposure to secondhand smoke, cilia (tiny hairs) have begun to regain function, increasing their ability to:**

- handle mucus
- keep lungs clean
- reduce infections

There are lots of reasons to quit smoking, and being aware of them can help you take the first step. **Quittin' Time** is a completely confidential service, with expert counsellors and personalized programs, designed to help and support you.

 **Quittin' Time**

quittintime.ca • 1-877-455-2233

**Quittin' Time by Live Chat, Phone or Text  
Smoking Cessation Product Reimbursement**

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People who smoke are up to 2 times more likely to develop severe gum disease. Smokers are also more susceptible to oral cancers, thrush and tooth decay

## Mouth



**Quitting smoking will improve your general dental health. Five days after quitting, your sense of taste will have improved**

Secondhand smoke is linked to nasal and lung cancers in dogs, lymphoma in cats, and skin disease in birds



## Pets

**Eliminating exposure to secondhand smoke will allow existing damage to begin to repair**

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Smoking can make you more susceptible to infections and reduce your sense of smell

**Nose**



**It only takes days after quitting smoking to recover your sense of smell and taste**

Smoking reduces the amount of calcium available for your bones to absorb and is toxic to bone-making cells



**Bone Density**

**Quitting smoking can reduce your risk of fractures, and allows your bones to heal faster. Keep your bones strong and healthy by quitting now and reduce your risk for osteoporosis later in life**

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