



20 minutes - Heart Rate
& Blood Pressure Drop

2-12 weeks - Lung
Function Increases

1-9 Months - Reduced
Shortness of Breath

1 Year - Coronary Heart
Disease Halved

5-15 Years - Stroke Risk
Reduced to Non-Smoker

10+ Years - Risk of Cancers
Significantly Decrease

QUIT SMOKING

Get In Touch Today

0115 772 2515

www.yourhealthnotts.co.uk



Nottinghamshire
County Council



Your Health
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