



# Benefits of Quitting Smoking

## Information for First Nations, Inuit, Métis and Urban Indigenous Peoples

Quitting smoking at any age can lower the risk of lung cancer and chronic disease. It's always a good time to stop smoking!

- 20 minutes after quitting your heart rate and blood pressure will begin to return to normal.
- After 8 hours you can breathe easier.
- After 24 hours your lungs and heart will be healthier.
- After 48 hours you are nicotine free and your sense of taste and smell begin to return.
- After 1 year your risk of heart disease is cut in half.
- After 10 years your risk of dying from lung cancer is cut in half.

Quitting smoking significantly reduces your risk of tobacco-related cancers and chronic disease.

Other benefits of quitting smoking:

- You will be a great role model for family and friends.
- You will save money.
- Being physically active will be easier.
- You won't have to look for places where you are able to smoke.
- Your body, hair, clothes, home and car will smell better – and be healthier.
- You will be helping family and friends to be healthier by not exposing them to second-hand smoke.

For more information visit [tobacrowise.com](https://tobacrowise.com)

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca)



Indigenous Tobacco Program  
[tobacrowise.com](https://tobacrowise.com)



**Ontario  
Health**