



University  
of Windsor

# 5 Things About...

## THE HEALTH BENEFITS OF QUITTING SMOKING

**No matter how long you have been smoking, your body will start to repair itself the minute you quit smoking.**

Consider the health benefits of quitting; take the first step today.



20 minutes after quitting, your heart rate and blood pressure begin to improve.



8 hours after quitting, you will be able to breathe easier, and your oxygen level will begin to improve.



24 hours after quitting, your lungs will start to clear out the mucus. Coughing is a good sign.



48 hours after quitting, you are nicotine-free, and your sense of smell and taste begin to return to normal.



1 year after quitting, the risk of having a heart attack drops by 50%. 10 years after quitting, the risk of dying from lung cancer will be cut in half.

We look forward to welcoming you to our smoke-free campus in the fall 2021.



**SMOKE-FREE  
CAMPUS**

*Fall 2021*

Visit [uwindsor.ca/smokefreecampus](http://uwindsor.ca/smokefreecampus) for more information, resources and supports.

Sources listed online.

*Scan me!*

