

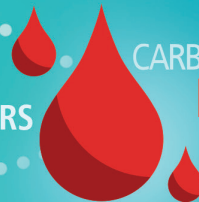
# WHAT HAPPENS WHEN YOU QUIT SMOKING?

**20** MINUTES



YOUR BLOOD PRESSURE RETURNS TO **NORMAL**

**12** HOURS



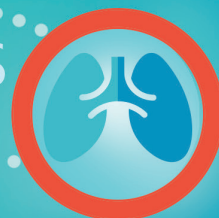
CARBON MONOXIDE **LEVELS DROP**



**48** HOURS YOUR SENSE OF **SMELL & TASTE** IMPROVE

WITHIN **2** WEEKS

YOUR LUNGS WORK BETTER, **YOU HEAL FASTER**



**9** MONTHS



MEANS MORE **ENERGY** & FEWER ILLNESSES

YOUR **RISK**  
OF HEART ATTACK IS  
HALF OF WHAT IT IS  
**NOW.**



AND IN **5** YEARS,



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