

MAKE THE DECISION.. YOU CAN DO IT...
OMIT SMOKING FROM YOUR LIFE

مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE



Benefits of quitting

20 MINS

Blood pressure and pulse return to normal, circulation improves



24 HRS

Carbon monoxide leaves the body, lungs start to clear out mucus and debris



72 HRS

Easier breathing, increased levels of energy



3 TO 9 MONTHS

Lung efficiency increases by 5 - 10 %



10 YRS

Risk of lung cancer falls to almost half



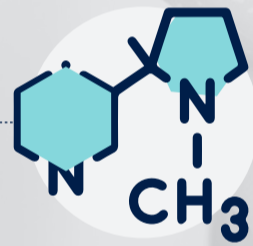
8 HRS

Blood oxygen levels increase to normal, chances of heart attack begin to fall



48 HRS

Body is now nicotine free, senses of taste and smell begin to improve



2 TO 12 WEEKS

Circulation improves throughout the body, walking and exercise get easier



5 YRS

Risk of heart attack falls to almost half



TOGETHER TOWARDS A
SMOKING-FREE ABU DHABI



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