



STOP Smoking Service

Health Benefits of stopping smoking

After	20 Mins	Blood pressure and pulse return to normal.
After	8 Hours	Nicotine and carbon monoxide levels in the blood reduce to half. Oxygen levels return to normal.
After	24 Hours	Carbon monoxide will be eliminated from the body.
After	48 Hours	There is no nicotine left in the body.
After	3 - 9 Months	Coughs, wheezing and breathing problems improve as lung function increases.
After	1 Year	Risk of a heart attack falls to half that of a smoker.
After	10 Years	Risk of lung cancer falls to half that of a smoker.

To receive an appointment near you and for one-to-one local support contact the Southern Trust Stop Smoking Service on:

Tel: 028 3756 4400

Or email: stop.smoking@southerntrust.hscni.net