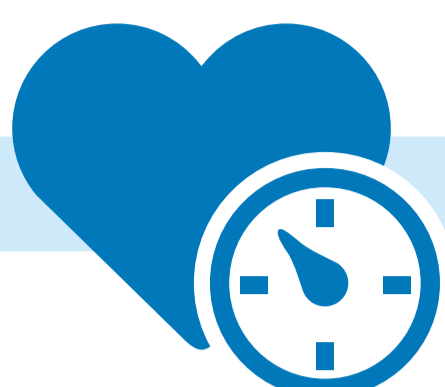


Quit Smoking

for better heart health

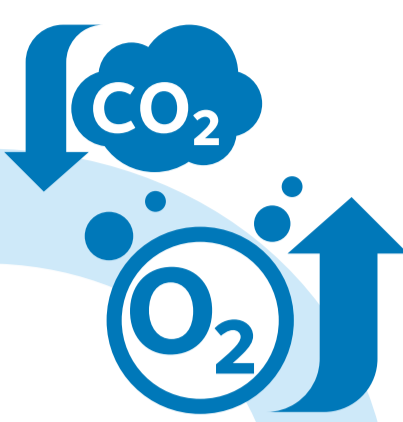


Steps After you Quit



20 minutes

Blood pressure and heart rate decrease



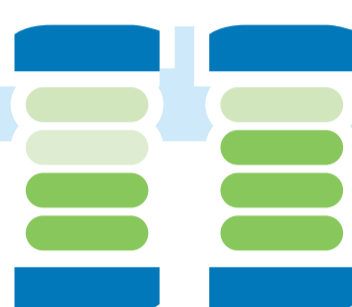
8 hours

Carbon monoxide levels decrease and oxygen levels increase



2 weeks to 3 months

Blood circulation improves and lung function increases by up to 30%



3 days

Bronchial tubes relax and lung capacity improves



2 days

Sense of taste and smell improve - heart attack risk decreases



6 months

Coughing, fatigue, shortness of breath and congestion all decrease



1 year

Risk of heart attack is half that of a smoker



10 years

Risk of lung cancer is half that of a smoker



15 years

Heart attack risk decreases to the level of someone who has never smoked.

How to Quit



Set the date to quit



Tell friends and family and enlist their support



Anticipate challenges and setbacks so you can get back on track



Remove tobacco products from your environment - including shisha

Remember

Most people find the more support they get, the easier it is

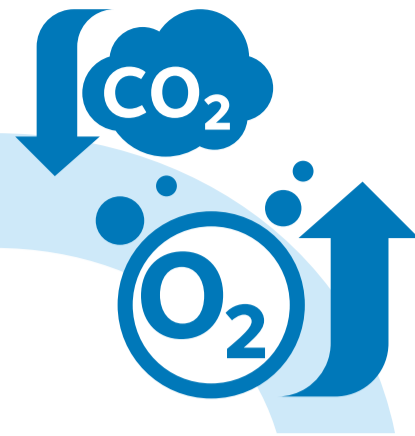
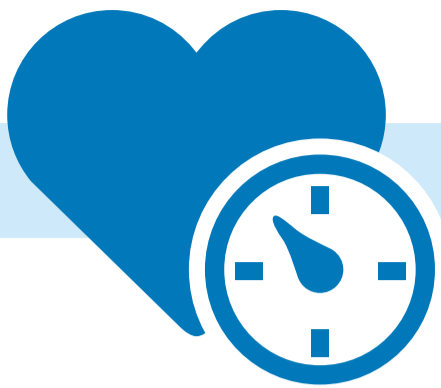
Hamad Medical Corporation runs a smoking cessation clinic at Hamad General Hospital. To get a referral, please see your regular doctor.



مؤسسة حمد الطبية
Hamad Medical Corporation

صحة • تعليم • بحوث
HEALTH • EDUCATION • RESEARCH

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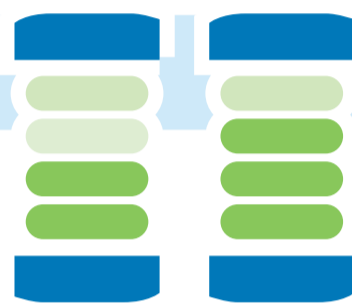
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