



Quit smoking today

BENEFITS OF QUITTING

You will start to experience health benefits from the moment you quit smoking.

AFTER 72 HOURS

Sense of smell and taste improve

AFTER 1 YEAR

Risk of heart disease is halved

AFTER 10 YEARS

Risk of lung cancer death is halved

cancerqld.org.au/lifestyle6

LIFESTYLE 6
Reduce your risk

An initiative of
**Cancer
Council
Queensland**