

## What is it ?

A cigarette is a paper cylinder, a few centimeters long, filled with a combustible material, most often chopped and processed tobacco leaves and additives. It can be rolled by hand or mass-produced industrially and may have a filter at one end.

## 7 THINGS TO KNOW ABOUT SMOKING

- 1 20 minutes after the last cigarette, blood pressure and pulse return to normal.
- 2 8 hours after quitting, breathing becomes easier. Oxygen levels return to normal and the risk of a heart attack decreases.
- 3 24 hours later, the lungs begin to clear of mucus. Coughing is actually a good sign.
- 4 48 hours later, the body has eliminated the nicotine. Taste and smell come back.
- 5 1 year after quitting, the risk of a heart attack is reduced by half.
- 6 10 years after quitting, the risk of dying from lung cancer is reduced by half.
- 7 10 to 15 years after the last cigarette, the risk of heart disease is the same as that of a person who has never smoked.

## DID YOU KNOW ?

Quebecsanstabac.ca offers professional support to help you reduce or gradually stop smoking. These services are free and are available by phone, text, and in person.

Source : quebecsanstabac.ca

