






DECLARATION OF A SMOKE FREE FUTURE

TODAY THE \_\_\_\_\_ of \_\_\_\_\_ 19 \_\_\_\_ is the first day of my smoke free future. I Declare my independence from cigarettes for the benefit of my health and the health of those around me.

Signature \_\_\_\_\_ Physician \_\_\_\_\_ Date \_\_\_\_\_

**Benefits of Smoking Cessation**  
**Immediate**

<b>WITHIN 20 MINUTES:</b>		• Blood pressure and pulse rate return to normal.
<b>WITHIN 8 HOURS:</b>		• Oxygen level in the blood increases.
<b>WITHIN 24 HOURS:</b>		• Mucus in the airways breaks up and clears out of your lungs.
<b>WITHIN 48 HOURS:</b>		• Senses of smell and taste improve.
<b>WITHIN 72 HOURS:</b>		• Bronchial tubes relax, making breathing easier. • Energy level increases.
<b>WITHIN 2 WEEKS TO 3 MONTHS:</b>		• Circulation improves. • The body's natural immune system is enhanced.
<b>WITHIN 3 TO 9 MONTHS:</b>		• Respiratory symptoms such as sinus congestion, wheezing, shortness of breath, sputum production, decrease. • Lung function improves by about 5 percent.

**Long-term**

**Key**  
CS refers to continuing smokers.  
NS refers to never smokers

