

I QUIT



Don't wait until the New Year to stop smoking - Stoptober 2015

28 day challenge

You are 5 times more likely to give up after 28 days of no cigarettes*



An average smoker;
13 cigarettes a day
364 a month
£1696 a year!*

Just think what you could spend with that!



From 1st October 2015 it will be illegal to smoke in vehicles with under 18's

More information www.denplan.co.uk/stoptober

*Source: www.nhs.uk/smokefree/why-quit/what-happens-when-you-quit

Find out how quickly you'll notice the benefits of stopping



After 20 minutes

Blood pressure and pulse rate return to normal.

After 48 hours

Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris.

After 72 hours

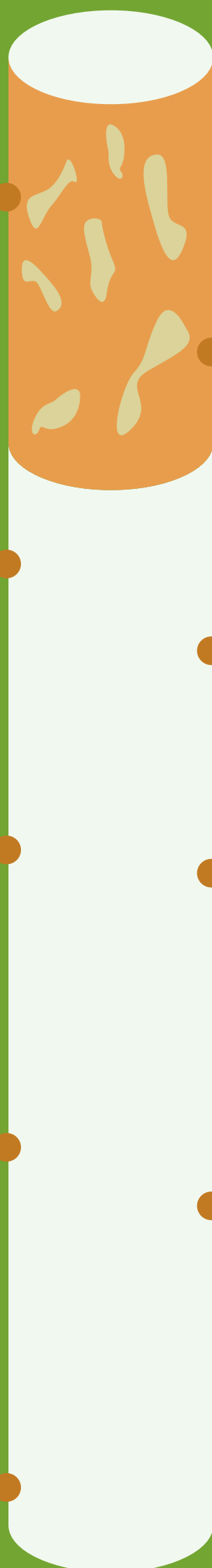
Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

After 3-9 months

Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.

After 10 years

Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.



After 8 hours

Nicotine and carbon monoxide levels in blood reduce by half and oxygen levels return to normal.

After 48 hours

There is no nicotine in the body. Ability to taste and smell is greatly improved.

After 2-12 weeks

Your circulation improves.

After 5 years

Risk of heart attacks falls to about half compared with a person who is still smoking.



Denplan

At the heart of dental care