



Know the facts

Health



Start living. Stop smoking.

The healing process

When you stop smoking, your body will be free from 4,000 poisonous chemicals and start to heal itself. You will be amazed at how quickly your health will improve.

More benefits

- Save money
- Get rid of the stale tobacco smell from your hair and clothes
- Enjoy the taste of your food more.
- No tobacco stains on your teeth and fingers

20 minutes after your last cigarette blood pressure and pulse return to normal.

8 hours after your last cigarette nicotine and carbon monoxide levels in your blood have reduced by half and your oxygen levels have returned to normal.

24 hours after your last cigarette carbon monoxide has been eliminated from the body. Lungs start to clear out mucus and other debris.

48 hours after your last cigarette there is no nicotine in the body. Your ability to taste and smell is greatly improved.

72 hours after your last cigarette your breathing becomes easier. Bronchial tubes begin to relax and your energy levels increase.

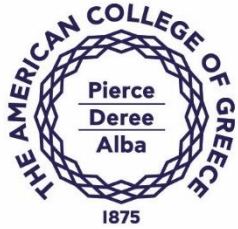
2-3 months after your last cigarette your blood circulation and breathing has improved and so walking will become easier.

After 1-9 months after your last cigarette coughing, wheezing, shortness of breath and sinus congestion will improve and so you will have more energy. Lung capacity has improved by 10%.

After 5 years of having your last cigarette the chances of having a heart attack is less than half than that of a person who smokes a pack per day.

After 10 years of having your last cigarette the risk of from lung cancer falls to half of that of a smoker. Risk of a heart attack is now the same for someone who has never smoked.

After 15 years your risk of developing heart disease is the same as if you had never smoked.



Know the facts

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Smoking cessation programs in public health clinics in Attica

251 General Air Force Hospital, 3 Kanellopoulou Str. (former Katechaki), PC 115 25, Athens, ☎ 210 74.63.300 & 210 77.02.047

«**Agios Panteleimon**» **General Hospital of Nikaia-Piraeus**, 3 Dim. Mantoubalou Str., PC 184 54, Nikaia, ☎ 1535

«**Agios Savvas**» **Oncology - Anticancer Hospital of Athens**, 171 Alexandras Ave., PC 115 22, Athens, ☎ 210 64.09.120 & 1535

«**Amalia Fleming**» **General Hospital of Melissa**, 14 25th-of-March Str., PC 151 27, Melissa, ☎ 210 80.38.134 & 1535

General Hospital of Nikaia, Salamina Health Center, Faneromenis Ave., PC 182 00, Salamina, ☎ 210 20.08.500

«**Eugenideio**» **Sanitarium – University Department of the Medical School of Athens**, 20 Papadiamantopoulou Str, PC 115 28, Athens, ☎ 210 72.93.407

Pulmonary and Respiratory Failure Unit «Evangelismos» General Hospital of Athens, 45 - 47 Ypsilanti Str., PC 106 76, Kolonaki, Athens, ☎ 1535 ext. 04965 & 210 72.01.738

Pulmonary Clinic «Evaggelismos» General Hospital of Athens, 45-47 Ypsilanti Str., PC 106 76, Kolonaki, Athens, ☎ 1535

Center for Smoking Control and Research, A ' University Pulmonary Clinic, «Sotiria» Regional Chest Diseases Hospital of Athens, 152 Mesogeion Ave., PC 115 27, Athens, ☎ 210 77.63.564

EOPPY Health Unit, 18 Theatre Square Str., PC 105 52, Athens, ☎ 213 33.16.202

KAT General Hospital of Attica, 2 Nikes Str., PC 145 61, Maroussi, ☎ 210 62.80.702

NIMITS Hospital (Greek Army Hospital), 10-12 Monis Petraki Str., PC 115 21, Athens, ☎ 210 72.88.110

«**Sismanogleio**» **General Hospital of Athens**, 1 Sismanogleiou Str., PC 151 26, Vrilissia, ☎ 210 80.39.139

Free Helpline of the Institute of Social and Preventive Medicine (IKPI), 5 Lampsakou Str., PC 115 28, Athens, ☎ 210 72.22.727

Center for Health Services Studies «Smoking Cessation Guide», 25 Alexandroupoleos Str. (2nd floor), PO 115 27, Athens, ☎ 210-74.82.015



Sources:

http://whyquit.com/whyquit/A_Benefits_Time_Table.html,
www.freepik.com