

QUIT SMOKING

WITH YOUR MANITOBA PHARMACIST

Within minutes,
your heart rate and
blood pressure drop
to normal levels.

Within 12 hours,
the carbon monoxide
level in your blood drops
to safe, healthy levels.

Within 1-9 months,
coughing and breathing
problems go away as
your lungs heal
themselves.

Within 1 year,
your sense of taste and
smell are back to normal.

Within 2 years,
your risk of having
a heart attack is
cut in half.

Within 5 years,
the risk of
contracting mouth,
throat, esophagus
and bladder cancer
will be half of what
it is for a smoker.

Within 15 years,
your risk of a heart
attack is similar to
that of a person
who never
smoked.



www.quitsmokingmb.ca

Ask your pharmacist for an appointment.



Supported by



The program is funded through a social impact bond. The cost of medications used to help you quit smoking is not included in the program. However, the program includes up to \$100 subsidy to help offset any medication costs you may incur.