

# QUIT SMOKING

WITH YOUR MANITOBA PHARMACIST

Within minutes,  
your heartrate 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.

## Want to try Quit Smoking With Your Manitoba Pharmacist?

- ✓ Check out [www.quitsmokingmb.ca](http://www.quitsmokingmb.ca)
- ✓ Find a participating pharmacy on the List of Pharmacies
- ✓ Get in touch with them for next steps.
- ✓ Your local pharmacist will assess if you're eligible.
- ✓ If you are eligible, they will set up an appointment with you.
- ✓ With the support of your pharmacist, you will participate in the program, utilizing the supports available to you, knowing you are not doing this alone.
- ✓ You'll know that each day you cross off the calendar, you are getting stronger and the momentum will encourage you to keep going!



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*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.*