

# 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!



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.*