

QT3: Quitting Timeline Worksheet



Draw a line to pair each time period to the matching statement (or if you have glue and scissor, cut out and match the pairs)

20 minutes

The risk of mouth, throat, oesophagus and bladder cancer are halved. Risk of stroke is reduced to that of a non-smoker.

12 hours

Coughs and shortness of breath decrease; lungs begin to recover, improving the ability to handle mucus and risk of infection

2 weeks – 3 months

The risk of coronary heart disease is that of a non-smoker.

1 – 9 months

Heart rate and blood pressure drop.

1 year

The risk of dying from lung cancer is about half that of a continuing smoker. The risk of cancer of the larynx and pancreas decreases.

5 years

Lung function increases and circulation improves.

10 years

The level of carbon monoxide in the blood returns to normal.

15 years

Excess risk of coronary heart disease is half that of a person who continues to smoke.