

## QT2: Benefit Cards



**The risk of mouth, throat, oesophagus and bladder cancer are halved.**

**Risk of stroke is reduced to that of a non-smoker.**

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

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

**Heart rate and blood pressure drop.**



**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.**

**Lung function increases and circulation improves.**

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

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