



What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



Your risk of a heart attack has halved compared to a smoker. Your risk of death from lung cancer has halved as well.

Less

Your risk of heart attack is now the same as someone who has never smoked.

It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice

