

WHAT IF I QUIT SMOKING TODAY?

24 HOURS AFTER QUITTING

The heart attack rate for smokers is 70 percent higher than for nonsmokers. But, believe or not, just one full day after quitting smoking, your risk of heart attack will already have begun to drop.

48 HOURS AFTER QUITTING

Your nerve endings will start to re-grow, and your ability to smell and taste will be enhanced.

THREE DAYS AFTER QUITTING

At this point, the nicotine will be completely out of your body. Unfortunately, that means that the symptoms of nicotine withdrawal will generally peak around this time. You may experience some physical symptoms such as headaches, nausea, or cramps in addition to the emotional symptoms.

TWO TO THREE WEEKS AFTER QUITTING

After a couple of weeks, you'll be able to exercise and perform physical activities without feeling winded and sick. This is due to a number of regenerative processes that will begin to occur in your body; your circulation will improve, and

your lung function will also improve significantly. For most smokers, withdrawal symptoms dissipate about two weeks after quitting.

ONE TO NINE MONTHS AFTER QUITTING

Starting about a month after you quit, your lungs begin to repair. Inside them, the cilia – the tiny, hair-like organelles that push mucus out – will start to repair themselves and function properly again. With the cilia now able to do their job, they will help to reduce your risk of infection. With properly functioning lungs, your coughing and shortness of breath may continue to decrease. Even for the heaviest smokers, withdrawal symptoms will go away no more than several months after quitting.

Go on, give it a go, you've got nothing to lose!

PRE-EMPLOYMENT MEDICAL EXAMINATION (PEME)

The PEME programme is one of the leading loss prevention initiatives for the UK P&I Club. Shipowners and operators are invited to contact the PEME team to discuss their particular requirements and for information on how to join the scheme.

WHAT IF I QUIT SMOKING FOR 24 HOURS?

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WHAT IF I QUIT SMOKING FOR 48 HOURS?

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WHAT IF I QUIT SMOKING FOR THREE DAYS?

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WHAT IF I QUIT SMOKING FOR TWO WEEKS?

After a couple of weeks, you'll be able to exercise and perform physical activities without feeling winded and sick. This is due to a number of regenerative processes that will begin to occur in your body; your circulation will improve, and your lung function will also improve significantly. For most smokers, withdrawal symptoms dissipate about two weeks after quitting.

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WHAT IF I QUIT SMOKING FOR A MONTH?

Starting about a month after you quit, your lungs begin to repair. Inside them, the cilia – the tiny, hair-like organelles that push mucus out – will start to repair themselves and function properly again. With the cilia now able to do their job, they will help to reduce your risk of infection. With properly functioning lungs, your coughing and shortness of breath may continue to decrease. Even for the heaviest smokers, withdrawal symptoms will go away no more than several months after quitting.

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