

Tabac : les raisons d'arrêter

- Les bienfaits pour la santé de l'arrêt de la cigarette

Au bout de :

20
minutes

La pression sanguine et les pulsations du cœur redeviennent normales

8
heures

L'oxygénation des cellules redevient normale

24
heures

Le monoxyde de carbone est complètement éliminé de l'organisme

48
heures

La nicotine n'est plus présente dans le corps

3 à 9
mois

La capacité respiratoire augmente de 10%

1 an

Le risque d'accident vasculaire cérébral est le même que celui d'un non-fumeur

5 ans

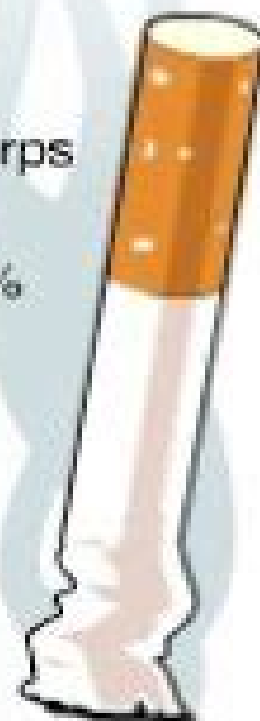
Le risque de crise cardiaque est 2 fois moins élevé que celui d'un fumeur

10 ans

Le risque de cancer du poumon est 2 fois moins élevé que celui d'un fumeur

Source : Comité régional d'éducation pour la santé d'Ile-de-France

WaG - Reuters



Pourquoi Fumer Art De Vivre T

Giuseppe Turi



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