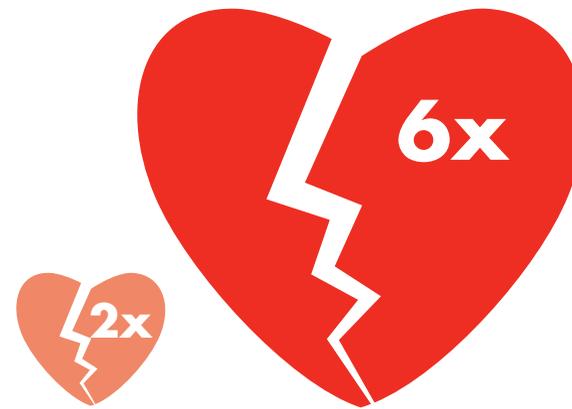


SMOKING

About 18 percent of American women smoke. Smoking is a major risk factor for heart disease — but it's one that you can control. Find tools to help you quit at women.smokefree.gov.



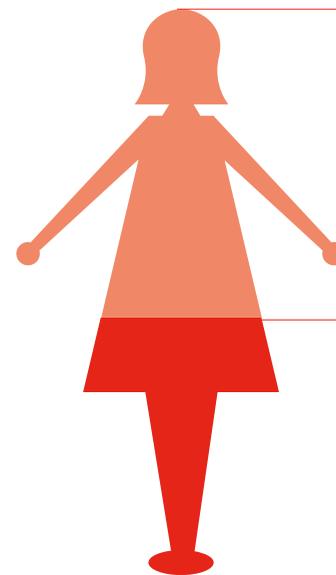
VS.  **NON-SMOKERS**

SMOKERS ARE TWO TO SIX TIMES MORE LIKELY TO SUFFER A HEART ATTACK



 **\$4.80**
AVERAGE PRICE OF
A PACK OF CIGARETTES

MORE THAN \$1,700
HOW MUCH YOU COULD SAVE
IN ONE YEAR IF YOU QUIT A
PACK A DAY HABIT



2012
HEART DISEASE RISK
BEFORE YOU QUIT SMOKING

2013
1 YEAR AFTER QUITTING,
YOUR RISK MAY DROP BY
MORE THAN HALF

Sources

- National Center for Health Statistics. (2012). *Summary health statistics for U.S. adults: National Health Interview Survey*.
- National Heart, Lung, and Blood Institute. (2005). *Your guide to a healthy heart*.
- Centers for Disease Control and Prevention. (2011). *Fact sheet: economic facts about U.S. tobacco production and use*.
- U.S. Public Health Service, National Center for Chronic Disease Prevention and Health Promotion. (2004). *The health consequences of smoking a report of the Surgeon General*.

HeartTruth.gov

