

Why Quit Smoking Now?



Lower your risk for:

- **Heart attacks and strokes**

Non-smokers:

- » Are 2 to 4 times less likely to develop heart disease than smokers.
- » Are two times less likely to have a stroke than smokers.

One year after you stop smoking, the risk of having a heart attack or stroke will drop by more than half.

- **Cancer**

- » Quit smoking and you decrease your risk of developing these cancers: lung, bladder, kidney, larynx (voice box), pancreas, stomach, and cervix.
- » Women who have never smoked are 12 times less likely to develop lung cancer than women who smoke.
- » Men who have never smoked are 23 times less likely to develop lung cancer than men who smoke.

- **Asthma attacks**

- **Respiratory disease, like emphysema and chronic bronchitis**

1

Live Longer and Be Healthier

2

Feel Better

- Have fewer colds, sore throats, and respiratory infections.
- Breathe easier.
- Have a healthy sense of smell and taste.

3

Look and Smell Better

Enjoy:

- Healthier looking teeth and skin.
- Not smelling like smoke.
- Good breath.
- Healthy gums.
- Less wrinkling of your skin.



4

Save Money

Not spending \$7 per day on cigarettes means:

You will have \$210 extra in a month and \$2,555 extra in a year. Think about what you and your family can buy with these savings.

Quit smoking and benefit:

- **Babies in the womb**

The baby of a non-smoker:

- » Gets more oxygen than a baby of a smoker.
- » Is more likely to have a healthy birth.
- » Does not get harmful chemicals passed into its blood.
- » Is more likely to be born with a normal birth weight.

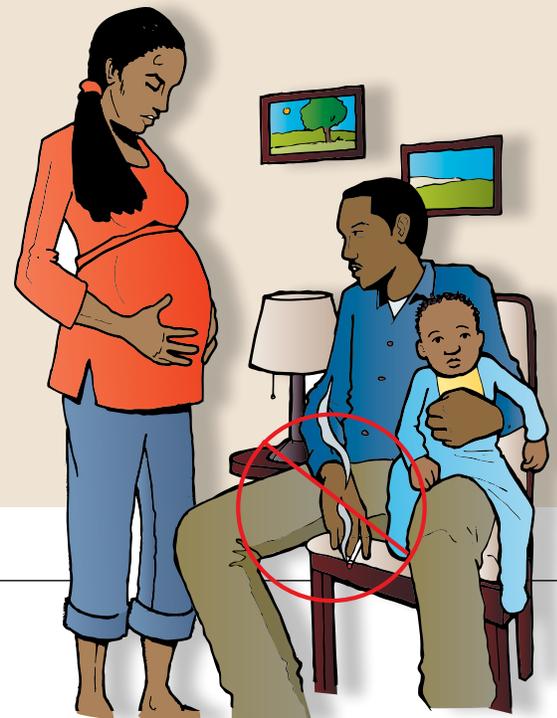
- **Infants and babies**

Infants and babies who are not around secondhand smoke are:

- » Less likely to die from SIDS (sudden infant death syndrome).
- » Less likely to get chest colds, ear infections, bronchitis, pneumonia, and asthma.
- » Less likely to cry, sneeze, and cough.

- **Children and adolescents**

- » When children grow up in a home with non-smokers they are more likely to not smoke.
- » Young people who do not smoke cigarettes are less likely to try other drugs.



Source: CDC Health Effects of Cigarette Smoking.
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