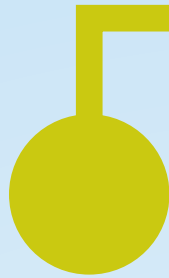
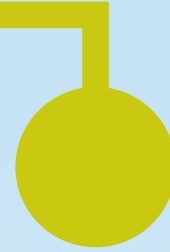


BENEFITS OF QUITTING



20 MINUTES

after you quit smoking, your blood pressure decreases.



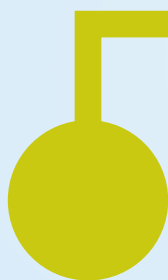
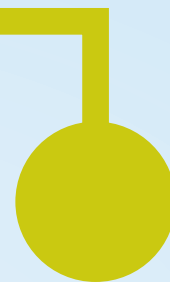
8 HOURS

after you quit smoking, your blood oxygen levels return to normal.



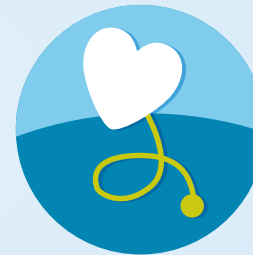
3 MONTHS

after you quit smoking, your lung function improves up to 30%.



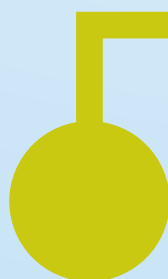
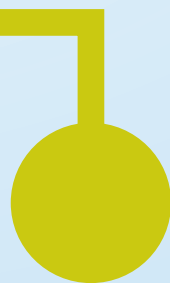
1 YEAR

after you quit smoking, your risk of heart attack is cut in half.



5 YEARS

after you quit smoking, your risk of mouth, throat, esophagus, and bladder cancer is cut in half.



10 YEARS

after you quit smoking, your risk of dying from lung cancer is about half that of a smoker's.



15 YEARS

after you quit smoking, your risk of coronary heart disease is that of a non-smoker's.