Know The FACTS:

➢ In the U.S., tobacco use is responsible for nearly 1 in 5 deaths.
➢ Smoke related diseases remain the world’s most PREVENTABLE causes of death.
➢ In New York, smoking is responsible for more than 28,000 deaths per year and costs the state upwards of $10 billion annually.

Let’s QUIT:

➢ In the first 20 minutes your heart rate & blood pressure drops
➢ In the first 12 hours the carbon monoxide level in your body drops to normal
➢ Your circulation improves in the first 2 weeks to 3 months.
➢ First month to 9 months coughing & shortness of breath decreases.
➢ 1st year, your risk of heart attack drops,
➢ After 5 years, your risk of cancer of the mouth, throat, esophagus, and bladder decreases.
➢ After 10 years, your risk of lung cancer decreases