

THE GREAT AMERICAN *Smokeout*



**OFFERING UP TO THREE MONTHS SUPPLY OF NICOTINE GUM FOR
FREE!!!**

**1-866-NY- QUILS
NYSMOKEFREE.COM**

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



www.powragainsttobacco.org