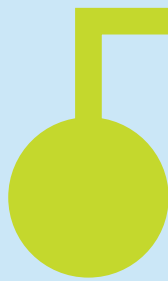
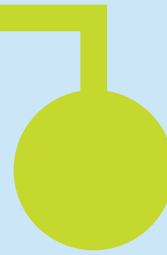


BENEFITS OF QUITTING



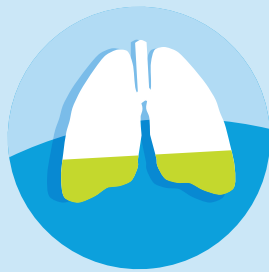
20 MINUTES

after you quit smoking,
your blood pressure
decreases.



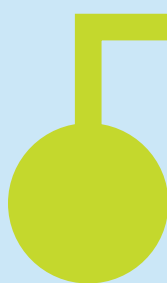
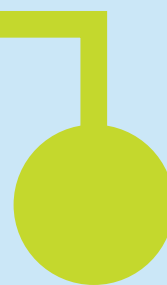
8 HOURS

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



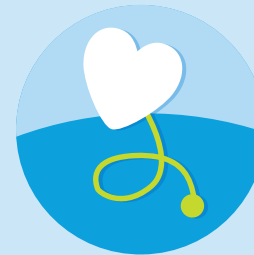
3 MONTHS

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



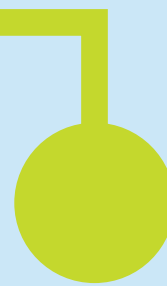
1 YEAR

after you quit smoking,
your risk of cancers
of the mouth, throat,
esophagus and bladder
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 nonsmoker's.

