Think it's too late to quit?
Take another look.

- Within 20 minutes of smoking the last cigarette, blood pressure drops to a level close to that before the last cigarette and the temperature of hands and feet increases to normal.
- After 8 hours, the carbon monoxide level in the blood drops to normal.
- After 24 hours, the chance of having a heart attack decreases.
- Within 3 months, circulation improves and lung function increases up to 30%.
- In 1 to 9 months, coughing, sinus congestion, fatigue, & shortness of breath decrease.
- Cilia regain normal function in lungs, increasing the ability to handle mucus. Cilia is then able to clean the lungs, and thereby reduce infection.
- After 10 years, the lung cancer death rate is about half that of a continuing smoker's and the risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases.
- By 15 years, the risk of coronary heart disease is that of a nonsmoker's.

Be there for your loved ones tomorrow.

It's never too late to quit smoking.

Did you know….

Smokers are more that twice as likely as non-smokers to develop Alzheimer's Disease.

Cigarette smokers are 1.7 times more likely to have hearing loss than nonsmokers.

Smoking is the number one cause of fires that kill older persons.

One in three smokers will die 12-15 years prematurely as a result of tobacco use.

Smokers are more than two times more likely to have a stroke than non-smokers.

Giving up smoking reduces the risk of cataract.

If you are ready to quit, or even just thinking about it, talk to your doctor about your options.

There are now more products to help you to quit than ever, including nicotine replacement therapy (the nicotine patch, nicotine gum, nicotine nasal spray and nicotine inhaler) and Zyban. Ask your doctor what the best approach would be for you.

If you've tried to quit before and weren't successful, don't give up. Keep trying. It's never to late to quit.