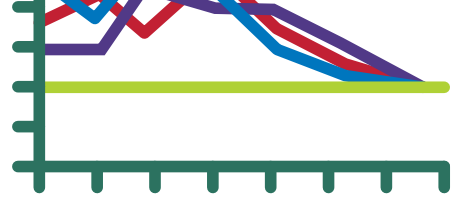


# BETTER HEALTH STARTS AFTER THE *Last Cigarette*

I QUIT!

After the last cigarette, the road to better health starts within minutes and continues for years. Here are the changes your body experiences along that journey.

20 MINUTES



Blood pressure, pulse rate and body temperature all drop to normal levels



Carbon monoxide level in blood drops to normal

Oxygen level in blood increases to normal



8 HOURS



"Smoker's breath" disappears

24 HOURS



Chances of a heart attack decreases



Nerve endings start to regrow



Sense of smell and taste improve

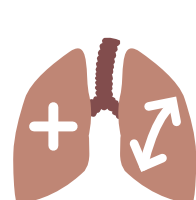
48 HOURS

WITHIN 3 MONTHS

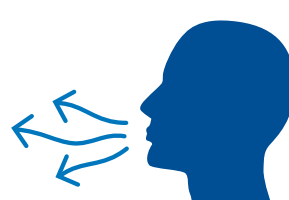


Circulation improves

Walking becomes easier



Lung capacity increases and lung function improves



Coughing, sinus congestion, tiredness and shortness of breath decrease

WITHIN 9 MONTHS

1 YEAR



Excess risk of coronary heart disease is decreased to half that of a smoker

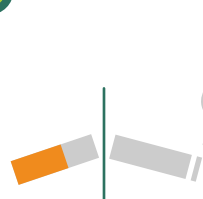


From 5–15 years after quitting, stroke risk is reduced to that of people who never smoked

Risk of developing mouth, throat, esophageal cancer is half that of a smoker

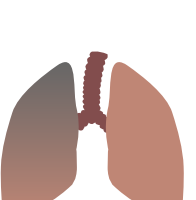


5 YEARS



Risk of cancer drops to as little as one-half that of continuing smokers

Risk of ulcer decreases



Lung cancer death rate similar to nonsmoker

10 YEARS



Risk of coronary heart disease and death returns to nearly same level of people who never smoked

15 YEARS

## Congratulations

FOR TAKING STEPS TO IMPROVE YOUR HEALTH!

DISCLAIMER: If you have other health conditions, your results may differ.