



## Did you know???

- ◇ Tobacco is one of the biggest public health threats the world has ever faced, **killing more than 8 million people a year.**
- ◇ More than 1.2million non smokers are killed as a result of being exposed to second-hand smoke every year.
- ◇ **Tobacco kills up to half of its users.**

## What Happens if I quit smoking?

### Benefits to smoking cessations

- ◇ Within 20 minutes, your heart rate and blood pressure drop.
- ◇ 12 hours, the carbon monoxide level in your blood drops to normal.
- ◇ 2-12 weeks, your circulation improves and your lungs function increases.
- ◇ 1-9 months, coughing and shortness of breath decreases.
- ◇ 1 year, risk of coronary heart disease is about half of a smoker's.
- ◇ 5 years, your stroke risk is reduced to that of a nonsmoker.
- ◇ 10 years, your risk of lung cancer falls to about half of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases
- ◇ 15 years, the risk of coronary heart disease is that of a nonsmoker's.
- ◇ Quitting smoking reduces chances of impotence, having difficulty getting pregnant, having premature births, babies with low birth weights and miscarriages.