

SMOKING CESSATION

REDUCES YOUR RISK FOR BREAST CANCER AND HEART DISEASE



Your Body at Risk

Smoking increases the risk of heart disease and cancer. Smoking is also linked to a higher risk of breast cancer, especially in younger women before they reach menopause.

In addition to heart disease and breast cancer, using tobacco products can lead to a variety of side effects and diseases.

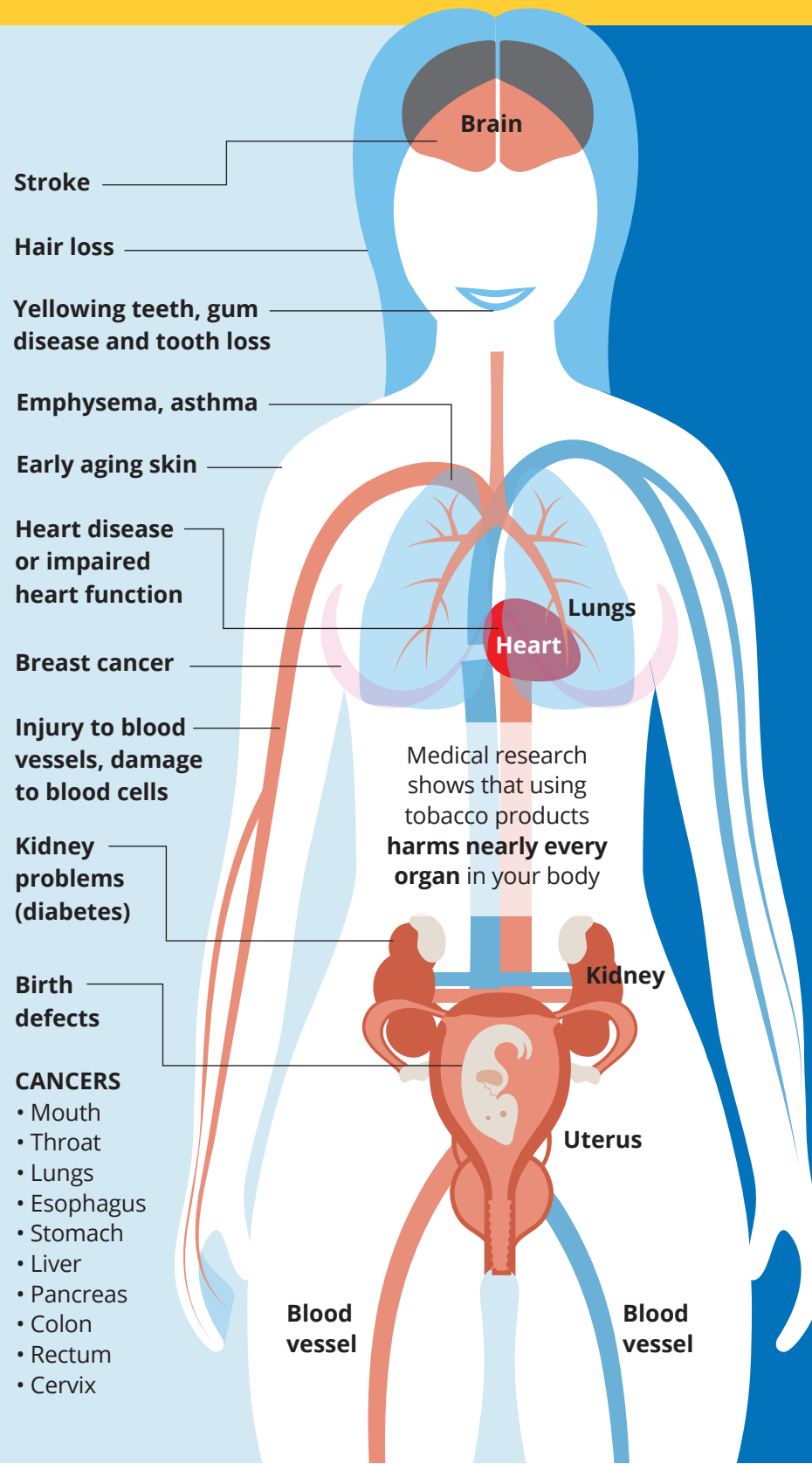
More than **7,000** chemicals are inhaled when you smoke a cigarette.

About **70** of those chemicals are linked to cancer.

100's more increase your risk of other serious health problems.

Smokeless tobacco, electronic cigarettes and other vaping devices are just as dangerous.

Secondhand smoke — inhaling smoke produced by someone else's use of a tobacco product — can be deadly.



Medical research shows that using tobacco products **harms nearly every organ** in your body

Quit smoking today

Smoke cessation is a key component in healthy living and in the prevention of breast cancer and heart disease. Smoking cessation offers immediate and longer-term health benefits.



Within **20** minutes

after your last cigarette, your **heart rate and blood pressure will drop** to more normal levels.



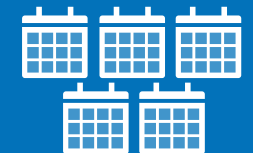
After **12** hours

the amount of **carbon monoxide in your blood** will drop to normal.



After **1** year

your **increased risk of heart disease will be half** of what it was as when you were still smoking.



After **5** years

you will **no longer have an increased risk of stroke**. The risk of cervical cancer drops to that of a nonsmoker. The risk of other cancers will also shrink.

Most people who use tobacco products want to quit, but quitting can be hard because of withdrawal symptoms and cravings. These uncomfortable sensations will decrease over time, but while they last, these tips can help you overcome them:



Develop new habits and routines



Use distraction techniques



Learn new hobbies



Chew gum



Drink water



Engage in physical activity



Use nicotine replacement therapies



Remember, it is **never too late to take the first step** to improve your health and the quality of your life. **Call us today! 866.315.7711**