

WHY

More than 430,000 Americans die each year from smoking. Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.

Quit?

WHEN YOU QUIT:

- Your chance of getting sick from smoking will be less.
- You will have more energy and breathe easier.
- If you are pregnant, your baby will get more oxygen and be healthier.
- The people you live with, especially your children, will be healthier.
- You will have more money to spend on things other than cigarettes.

1-800-QUIT NOW

Source: *You Can Quit Smoking*. Information kit for consumers. November 2003. U.S. Public Health Service.
<http://www.ahrq.gov/consumer/tobacco>